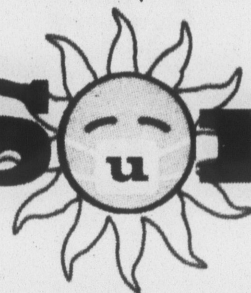


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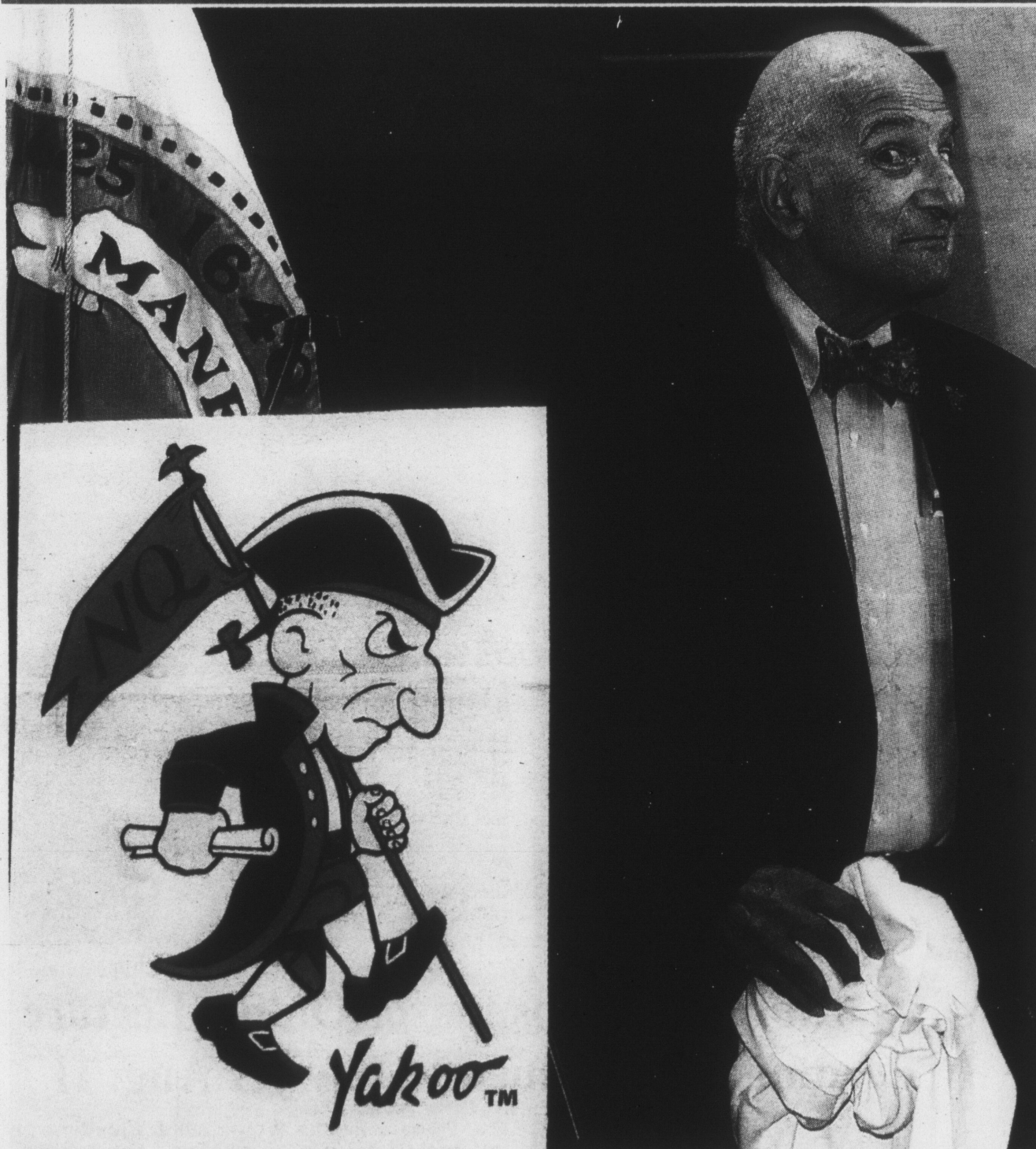


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DR. ALLAN YACUBIAN poses with the Yakoo mascot that was inspired by his profile. Yacubian and Mayor Thomas Koch unveiled a revised version of the mascot, which is used by North Quincy High School, on Monday that is inspired by a Revolutionary War soldier and no longer features Native American imagery. Yacubian said the final version of the logo will feature Yakoo with a bell, not a scroll, in his right hand.

Quincy Sun Photo/Robert Bosworth

## NQHS 'Yakoo' Mascot Makeover

Principal: Students, Staff To Determine New Nickname

By SCOTT JACKSON

The principal of North Quincy High School on Tuesday said current stu-

dents and staff will get to decide on a nickname for the school's teams with a new iteration of the Yakoo

mascot now in use.

Mayor Thomas Koch and Dr. Allan Yacubian, the original inspiration for the

mascot, unveiled a revised version of the Yakoo on Monday at City Hall. The

Cont'd On Page 16

## Koch Aims To Avoid Layoffs

By SCOTT JACKSON

The coronavirus pandemic has had an impact on Quincy's meals and hotel tax receipts, Mayor Thomas Koch said, but he does not foresee any layoffs of city employees.

Koch discussed the pan-

dem's fiscal impact as part of an interview on July 29, two days before Gov. Charlie Baker announced that local aid to cities and towns would not be cut this year.

Koch proposed a \$340

million budget for fiscal year 2021, which began July 1, in May and it was subsequently approved by the City Council. When he proposed the spending plan, which is \$10.4 million more

than the city's fiscal year 2020 budget, Koch said he anticipated up to a 20 percent cut in local aid.

In the recent interview, the mayor said meals tax

Cont'd On Page 16

## Hybrid Learning Eyed For New School Year

By SCOTT JACKSON

School officials prefer a hybrid learning model - with students learning in-person two days a week and remotely at home for three days - when the new academic year starts next month.

Kevin Mulvey, the

school system's interim superintendent, reviewed the return-to-school options during the School Committee meeting on July 29. The committee approved a preliminary re-opening plan that night and was set to review a more comprehensive plan Wednesday.

Cont'd On Page 11

## 3 Finalists Chosen For Supt. Search

By SCOTT JACKSON

The three finalists to become the next superintendent of the Quincy Public Schools have been identified and will interview with

the School Committee this week and next.

The three finalists are Omar Easy, the executive assistant principal for busi-

Cont'd On Page 17



KAIO SILVEIRA, 10, casts a shadow in the summer sun while skateboarding along a half pipe at Quincy Point's new skate park on Pond Street. Another photo on Page 3.

Quincy Sun photo/Tom Gorman



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 Koch: No Way To Pull Off In-Person Learning - Page 11

More Quincy news:  
**The Quincy Sun.com**



# Home Exercises With Dumbbells, Bands

Practical Fitness With Wayne L. Westcott

By WAYNE WESTCOTT

Although most YMCAs and fitness centers have reopened on a revised basis, many people are not ready to return to public exercise facilities. Hopefully, this situation will change soon, and we can resume our normal training programs. In the meantime, for those who prefer to exercise at home, please consider the following (Big Five) strength exercises that may be effectively performed with dumbbells or resistance bands. Dumbbells are more expensive (approximately \$1 per pound) but last almost forever, and provide a firm, fixed and stable form of resistance. Bands are less expensive (approximately \$15 to \$30 for a set of bands with or without specialized hand grips), and provide a soft, flexible, and variable form of resistance. Please consider the general exercise guidelines and performance descriptions for these five basic exercises (illustrated with dumbbells) that cumulatively address most major muscle groups of the legs and upper body. You may also perform these five basic exercises with resistance bands. Just be sure to properly secure the band under your athletic shoes or under the bench before beginning each exercise.

Depending on how many sets of each exercise you choose to perform, the training time to complete these five exercises should be about 10 - 15 minutes (1 set each), 20 - 25 minutes (2 sets each), or 30 - 35 minutes (3 sets each).

## General Training Guidelines

1. Train 2 or 3 non-consecutive days per week.
2. Perform each exercise with a resistance that permits 10 to 15 repetitions.
3. Increase the resistance by 5 to 10 percent whenever 15 repetitions are completed with proper form.
4. Perform 1 to 3 sets of each exercise, with a 60-90 second recovery period between sets.

5. Take 2 full seconds for each upward movement and 2 full seconds for each downward movement. Emphasize controlled muscle actions rather than momentum.

6. Perform each exercise through the full-range of joint action, unless doing so cause discomfort.

7. Exhale throughout each upward movement and inhale throughout each downward movement.

## Dumbbell Exercise Performance

### 1. Dumbbell Squat

**Muscles:** Front Thighs (Quadriceps); Rear Thighs (Hamstrings); Buttocks (Gluteus Maximus); Lower Back (Erector Spinae)

#### Actions:

- a. Stand erect, feet wider than shoulders, dumbbells in hands, arms straight by sides.
- b. Lower hips downward and backward, keeping knees above feet, until thighs are approximately horizontal.
- c. Raise hips upward and forward, keeping knees above feet, until legs are straight.
- d. Maintain a relatively erect head and torso posture throughout each downward and upward movement.

### 2. Dumbbell Chest Press

**Muscles:** Chest (Pectoralis Major); Front Shoulders (Anterior Deltoids); Rear Arms (Triceps)

#### Actions:

- a. Lie face up on flat bench, feet on floor, dumbbells in hands, arms vertical above chest.
- b. Lower dumbbells downward in unison to approximately chest level (elbows pointing away from sides).
- c. Press dumbbells upward in unison until arms are straight.
- d. Keep hips and head in contact with bench throughout each downward and upward movement.

### 3. Dumbbell Bent Row

**Muscles:** Upper Back (Latissimus Dorsi); Rear Shoulders (Posterior Deltoids); Front Arms (Biceps)

#### Actions:

- a. Place left hand and left knee on bench, back horizontal, dumbbell in right hand, right arm straight down.
- b. Pull dumbbell upward to chest.
- c. Lower dumbbell until right arm is straight.
- d. Keep back straight and shoulders square throughout each upward and downward movement.
- e. Reverse hand and knee position on bench and repeat with dumbbell in left hand.

### 4. Dumbbell Alternating Press

**Muscles:** Shoulders (Anterior and Middle Deltoids), Rear Arms (Triceps)

#### Actions:

- a. Stand erect, feet shoulder width, dumbbells

der width, dumbbells in hands, resting on shoulders.

- b. Extend right arm upward pressing dumbbell overhead until right arm is straight.
- c. Lower right arm downward to starting position.
- d. Extend left arm upward pressing dumbbell overhead until left arm is straight.
- e. Lower left arm downward to starting position.
- f. Alternate dumbbell presses while maintaining an erect posture.

### 5. Dumbbell Curl

**Muscles:** Front Arms (Biceps); Forearms (Brachioradialis)

#### Actions:

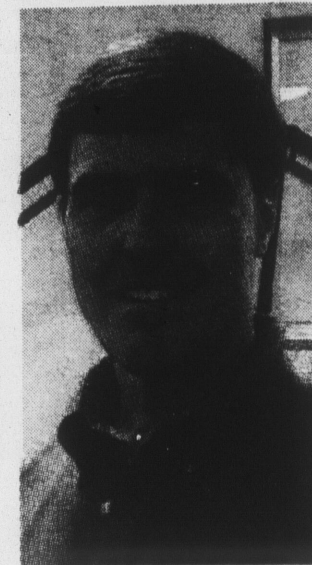
- a. Stand erect, feet shoulder width, dumbbells

in hands, arms straight by sides.

- b. Curl dumbbells upward in unison to approximately shoulder level.
- c. Lower dumbbells downward in unison until arms are straight.
- d. Keep head and back erect, and shoulders square throughout each upward and downward movement.

I recommend that you perform the Big Five Dumbbell Exercises in the order presented above. If you feel any joint pain while executing these exercises, please discontinue or adjust the exercise range accordingly so that the movement can be performed without discomfort.

It is always advisable to check with your physician prior to engaging in a home exercise program.



WAYNE WESTCOTT

Wayne L. Westcott, Ph.D., is Chairperson of the Quincy College Exercise Science Department and Director of the Quincy College Community Fitness Facility. He has written 30 books on physical fitness and strength training. Wayne may be reached at 617-984-1716 or at [wwestcott@quincycolllege.edu](mailto:wwestcott@quincycolllege.edu).



DUMBBELL CHEST PRESS



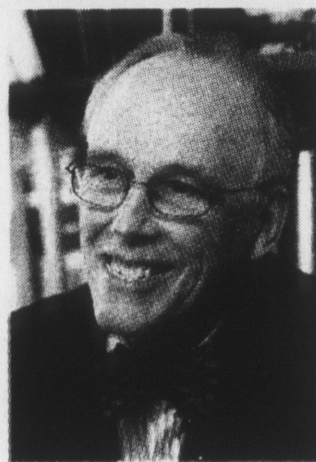
DUMBBELL STANDING CURL

## QCAN, Library To Cosponsor Online Lecture By Leading Environmental Lawyer Aug. 11

Quincy Climate Action Network and the Thomas Crane Public Library will cosponsor an online lecture Tuesday, Aug. 11 at 7 p.m. by environmental lawyer and Boston College Law School professor Zygmunt J.B. Plater.

Plater will recount his experiences as chairman of the State of Alaska Oil Spill Commission's Legal Research Task Force, which investigated the Exxon Valdez disaster of 1989. He will also discuss what the findings of the task force can teach us about the politics of climate change.

The lecture is free, and all are invited to watch and listen via the library's Facebook page (<https://www.facebook.com/tcplibrary/>); on its YouTube channel (<https://www.youtube.com/c/ThomasCranePublicLibrary>); or via the Zoom meeting platform. The



ZYGMUNT J.B. PLATER

Zoom meeting ID is 873-8149-9949. For more information, see [http://www.eventkeeper.com/cham/ch\\_popevent.cfm?chamOrg=TCPL&EventID=6488997](http://www.eventkeeper.com/cham/ch_popevent.cfm?chamOrg=TCPL&EventID=6488997)

"We're honored and thrilled to cosponsor this lecture by a hero of the environmental movement," said David Reich, QCAN's board chairperson. In addition to his work on the Exxon Valdez investiga-

tion, Plater consulted with plaintiffs in the Woburn toxic waste litigation, the subject of the book and movie A Civil Action, and he served as lead counsel in the landmark environmental litigation over Tennessee's Tellico Dam, representing an endangered fish species, farmers, Cherokee Indians, and environmentalists in the Supreme Court, federal agencies, and congressional hearings, an experience that forms the basis of his 2013 book The Snail Darter and the Dam, published by Yale University Press.

In the Exxon Valdez investigation, Plater's legal task force found numerous ways that government action might have prevented the disaster or aided in the cleanup. Most glaringly, perhaps, the tanker Exxon Valdez was allowed, because of lax regulation, to go to sea dramatically un-

derstaffed. When the tanker ran aground, the crew was overtired and overworked, and the captain was below deck, working on the ship's accounts, the actual accountant having been laid off in a cost-cutting move.

Regulations so weak that they fail to protect us result from, in Plater's words, "iron triangles: coalitions of individual economic interests like the fossil fuel industry, the agency officials who are supposed to regulate them, and the cliques in Congress that do their bidding." The same iron triangle that enabled the Exxon Valdez disaster is now working to weaken regulations intended to protect us from the worst effects of climate change, Plater said, but he also finds hope in rising activism. "It will bring change," he said. "It won't be easy, but I think it will be inexorable."

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# Large Gatherings 'Recipe For Disaster' Baker Warns

## 'Resulting In New COVID Case Clusters And Ramping Up Spread Of The Virus'

By SCOTT JACKSON  
Gov. Charlie Baker warned that large gatherings seen lately throughout Massachusetts are a "recipe for disaster" that could help the coronavirus spread.

The governor on July 31 noted the state's positive test rate for COVID-19 has increased in recent weeks from 1.7 percent to roughly 2 percent and said recent large gatherings are to blame.

"Unfortunately, these gatherings are resulting in new COVID case clusters and ramping up the spread of the virus," Baker said. "These lapses in judgement, these missed opportunities to keep the door that we all worked so hard to close, shut, are contributing to a slight but important rise in positive cases here in Massachusetts."

The Department of Public Health is investigating clusters arising from a large party for lifeguards in Falmouth, a house party in Chatham, a high school graduation party held in Chelmsford, a large house party in Wrentham, a party aboard a ship in Boston Harbor, a 90-person prom party in Cohasset and an un-

authorized football camp in Weymouth, Baker said.

Marylou Sudders, the state's health and human services secretary, said the Weymouth football camp included participants from 17 communities. Several of the individuals associated with that gathering have since tested positive for COVID-19.

Baker said transmission of the coronavirus is more likely in large groups of people who are neither wearing masks nor practicing social distancing.

"This behavior dramatically increases the likelihood of infecting other people and this virus can and in many cases does take off like wildfire," he said. "The situations I just recapped are a recipe for disaster and need to stop if we want to continue to re-open and get back to a new normal in everybody's lives here in Massachusetts."

The governor said residents who do attend gatherings — whether indoors or outdoors — should wear a mask, avoid sharing food and drink, and use common sense. He noted indoor gatherings are presently limited to 25 people or fewer and

cautioned that that limit could be reduced if necessary.

"If we continue to see a rise in new cases and changes in our public health data, we'll have to consider a number of options, including reducing the gathering size back down to a smaller number," Baker said.

He also said people, "need to be responsible about traveling," and noted his new travel order was to take effect on Aug. 1. The new order applies to all travelers arriving in the state, including residents returning home and college students coming to school for the fall semester.

Under the order, all travelers arriving in Massachusetts must fill out a form, which can be found online at [mass.gov/matraveler](https://mass.gov/matraveler), unless they are arriving from a state designated as being at a lower risk for COVID-19

Cont'd On Page 8



JONATHAN KILLEFFER, 14, goes airborne on his skateboard at Quincy Point's new skate park on Pond Street.  
Quincy Sun photo/Tom Gorman

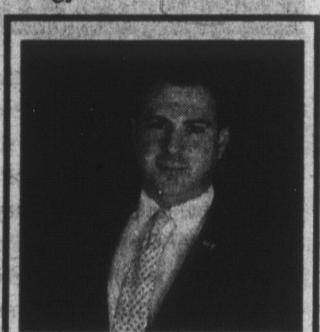
## Quincy Receives \$188,938 Streets, Spaces Program Grant

The City of Quincy has been awarded a MassDOT grant of \$188,938 as part of the Baker-Polito Administration's Shared Streets & Spaces program.

The program, which was launched on June 10, provides technical and funding assistance to help Massachusetts cities and towns conceive, design, and implement tactical changes to curbs, streets, on-street parking spaces and off-street parking lots in support of public health, safe mobility, and renewed commerce. This new round will provide \$1.3 million to projects in 17 municipalities, of which 64% are Environmental Justice communities.

Quincy received

\$188,938 to calm traffic along Quincy Avenue and provide new, safe bicycle and pedestrian connections to the Harbor, Weymouth Landing MBTA Station, Quincy Center MBTA Station, and commercial areas within Quincy Center, and improve conditions for MBTA buses using new Transit Signal Priority technology.



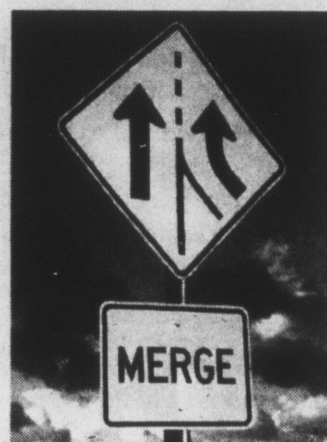
Armando Agnitti, Esq., CISR  
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**Moments  
in time**

THE HISTORY CHANNEL

• On Aug. 23, 1784, four counties in North Carolina declare their independence as the state of Franklin. The counties lay in what would become Tennessee. In defiance of Congress, Franklin survived as an independent nation for four years with its own constitution, Indian treaties and legislated system of barter.

• On Aug. 21, 1911, theft of the Mona Lisa is discovered. After a two-year search for the painting, former employee Vincenzo Perugia was captured attempting to collect a ransom.

• On Aug. 20, 1920, seven men, including legendary football star Jim Thorpe, meet to organize a professional football league. The meeting led to the creation of the American Professional Football Conference, the forerunner to the National Football League.

• On Aug. 22, 1933, the notorious Barker gang robs a Federal Reserve mail truck in Chicago and kills Officer Miles Cunningham. Netting only a bunch of worthless checks, the Barkers soon returned to a crime with which they had more success -- kidnapping. Their first victim, William Hamm, had earned the gang \$100,000 in ransom.

• On Aug. 18, 1958, Vladimir Nabokov's controversial novel "Lolita" is published in the U.S. The novel, about a man's obsession with a 12-year-old girl, had been rejected by four publishers before G.P. Putnam's Sons accepted it.

• On Aug. 19, 1960, in the USSR, captured American U-2 spy plane pilot Francis Gary Powers is sentenced to 10 years imprisonment for his confessed espionage. Only 18 months into his sentence, the Soviets released him in exchange for Rudolf Abel, a senior KGB spy who was caught and convicted in the U.S. five years earlier.

• On Aug. 17, 1978, the Double Eagle II, with three pilots, completes the first trans-Atlantic balloon flight when it lands near Paris after lifting off from Presque Isle, Maine. The helium-filled balloon had flown 3,233 miles in the nearly six-day odyssey.

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## AAA: Gasoline Prices Down One Cent

Massachusetts's average gas price is down one cent from last week (\$2.14), averaging \$2.13 per gallon. Today's price is 3 cents higher than a month ago (\$2.10) and 60 cents cheaper than August 3, 2019 (\$2.73). Massachusetts's average gas price is 5 cents lower than the national average.

"There's no doubt that this is the cheapest summer

at the pump for drivers in more than a decade. The last two months have posted a national average of \$2.14," said Mary Maguire, AAA Northeast Director of Public and Legislative Affairs. "While we expect to see typical fluctuation, August gas prices are not expected to spike, especially amid increases in COVID-19 cases."

# McCarthy Supports Quincy Police; Reform Bill Being Rushed Over

By DAVE MCCARTHY

I'd like to address a few subjects that I feel are very important to many and to express my thoughts on recent issues as an elected official in the City of Quincy.

First I fully support the Quincy Police Department and all first responders in whatever path their jobs take them. The disgraceful actions of some people involved in the so-called peaceful protests have been disgusting. The police I know are dedicated respectful public servants of the community and the idea of turning all police into villainized criminal types is absurd.

Believe me I get it there are bad apples in every profession, people that just have racism in their blood, but in my community it's rare. Maybe other communities have issues but Quincy has been a model of people living, working and getting along and I'm sure this is also evident in an abundance of other communities, but certain people would want you to think otherwise. I understand that discrimination is out there but this approach is so wrong and will divide all of us even more. Before I mention my thoughts on the Police Reform Bill I also have to mention a few other items:

The disrespect of the Flag and National Anthem. This is what these radicals want. Look at the protests: it's a chance for every radical group to attack the foundational basis of the United States. It is their chance to hurt family values, attack Christianity and other religions, get into the schools with an agenda most families would not like, wiping out history and attacking the nuclear family. This is attempt at destroying all values and all VALUES MATTER. Again this is my opinion, some of my colleagues' opinions on the Quincy City Council might differ but that is what I believe and can't believe is happening. When Tim Tebow was kneeling for God it was frowned upon, but now it's a good thing? Kneeling for God is the only kneeling that I will be doing.

Let me discuss the current Police Bill that is being banneted about.

The current police reform bill is a bill that is being rushed over; situations that happened and should not have happened, we all agree on that, but to restrict the police and other first responders of their duties which looks like the case should be halted immediately. A re-look at the entire bill should be put forth for all involved to comment. The people that live this everyday (THE POLICE) should be at the table discussing and commenting.

The Police have to live by these standards that are being put together by a novice committee in my words that is now going to tell first responders what they can do without ever experiencing what a Police officer does daily. That daily work is unpredictable. Throughout the bill the officer is now looking over his or her shoulder as they perform their job. Words like revocation, suspension, hearings, misconduct, restricted are magnified throughout the bill. I understand there should be reviews on any organization but this bill puts the first responder into the late Officer Michael Chesna situation. His hesitation with a known criminal cost him his life. Do we want to see more officers hurt or killed? Do we

## Op Ed

want to see family members killed because the bill restricts what an officer can do to defend himself?

Officer Chesna's untimely death brought what I thought was a resurgence in support and understanding of what a policeman does; thousands of blue lights covered the South Shore especially Weymouth but now silent? Are you kidding me? This is the time to stand up and support the right thing.

Remember their selflessness during 9/11 and this is the same Police force that had the bravery to track down the Marathon Bomber Terrorists. Remember that? I could go on and on.

We as politicians have to back first responders as well as our commitment to the community itself. Both need our commitment at all times.

Appointed commissions should be talked about in a public setting so it's a balanced commission and not a commission appointed to handcuff Police and other first responders.

The regulation of physical force by law enforcement officers needs to be discussed with the law enforcement officers. Again this is real life, a selected committee or commission is nice to appoint but real active police need to be at the table to deliberate. The commission or any committee is not out there day and night protecting and serving!

De-Escalation tactics sound great but we are talking about life and death situations so I don't want hear he or she tried de-escalation but got killed!! That doesn't work. Every situation is different.

Qualified Immunity has to be there. No watering down. Period. No one will be able to do their job.

Training which is exemplified throughout the bill is always a good thing, as long as the training is based on reality. Most training protocol is in the fantasy world. Training should be a main part of those cities and towns that need it. They should get the proper training. Quincy already has it. The training has to be geared towards real life Police issues. These issues are and will be very hard to get our hands around but we can do it.

This situation exploded months ago. Discrimination will always be there for all races, religions and beliefs. It has been with us regrettably for a long time and believe me I'm the first to say I don't have all the answers.

First we all need to be focused on one thing: we have heard all our lives love our neighbors as ourselves so let's start there. We need to slow down to a gallop, take a deep breath and not villainize those that should be respected and protecte. As our greatest President stated during the most turbulent time in U.S. history: "A house divided cannot stand."

This bill doesn't do it right now.

Sincerely,  
Dave McCarthy  
Quincy City Councillor  
Ward 1

# Markey: We Must Continue To Fight Weymouth Fore River Compressor

By EDWARD J. MARKEY

It's public knowledge when it comes to public health: exposure to pollution is harmful. The spread of COVID-19 only provides the latest devastating example, as communities exposed to higher levels of pollution have higher rates of COVID-19 illness and mortality. So now, more than ever, we need to get pollution out of our communities—not add new sources.

The Fore River Basin—at the intersection of Quincy, Braintree, Weymouth and Hingham—is already a hub of industrial activity, with an electric power plant, a factory that produces soap and detergents, and a bustling seaport. It's here, in Weymouth, that a Canadian energy company called Enbridge is constructing a compressor station to allow for fracked gas to be sent through Massachusetts and exported abroad. Despite not needing or benefitting from this project, Massachusetts residents are expected to bear the brunt of the environmental, health, and safety risks of this new energy infrastructure.

Local advocates have led the fight against the Weymouth Compressor Station. Groups like Fore River Residents Against the Compressor Stations (FRRACS), Mothers Out Front, and the Greater Boston Physicians for Social Responsibility (GBPSR) have been vigilant and vocal, continuing to protest and even face arrest.

## Op Ed

In tandem with this grassroots movement, I've been speaking out on the dangers posed by compressor stations since 2014, when I joined several of my colleagues in writing to then-President Obama about the need for stricter safety measures. In February 2017, I sent a letter to the Federal Energy Regulatory Commission (FERC) with Senator Warren, asking for FERC to rescind authorization for the Atlantic Bridge Pipeline project, the larger project associated with the construction of the compressor station in Weymouth. But while we continued our advocacy, Enbridge worked to get the permits it needed to start construction.

Then on October 2, 2019, I joined local officials and activists to tour the site of the proposed Weymouth Compressor Station. The reason to keep fighting was immediately obvious. The site is on a small, crowded peninsula abutting the recently finished Fore River Bridge and a bustling neighborhood. This is no place for something so volatile.

Later that fall, I introduced The Community Outreach, Maintenance, and Preservation by Restricting Export Stations from Subverting Our Regulations (COMPRESSOR) Act, which would block construction of any compressor sta-

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## Scenes From Yesterday



THIS IS A February 1936 postcard reproduction showing the nearly completed \$2.4 million Fore River Bridge that spanned the Fore River between Quincy and Weymouth. Built during the Great Depression, the total cost was paid out of Federal Public Works Administration funds. State engineers designed the bridge and managed its construction by the V. Bartletta Co. of Roslindale. It took only two years to build and put to work hundreds of unemployed construction workers. But at the time people and politicians were opposed to using federal funds for local construction projects, and when completed, opening dedication ceremonies were delayed for almost three months due to bickering between federal, state, city and town officials. Finally in May, Gov. James Michael Curley, escorted by an armed military guard, stood at the center

of the drawbridge among several thousand celebrants to dedicate the bridge. In his remarks, Gov. Curley boldly lauded President Franklin Roosevelt and his New Deal, which provided the funds. He added that Quincy or Weymouth or Norfolk County never would have built the bridge and so let us "thank God for a man like Franklin Roosevelt." The bascule bridge was demolished in the early 2000s as it was considered structurally deficient and unsafe. A new vertical lift Fore River Bridge was built at an approximate cost of \$272 million. Construction lasted six years and was completed in 2018. One wonders what happened to the blueprints of the old bridge shown here that won an award in 1936 as the most magnificent bridge built in America that year.

From the Tom Galvin Postcard Collection

## Quincy's Yesterdays

This Week  
1990  
30 Years Ago

### Falco, Mullen Interviewing For Police Chief's Job

With the retirement of former Police Chief Francis X. Finn approved by the State Retirement and Pension Boards, Mayor James A. Sheets said that he will begin "intensive interviewing" with the two candidates to succeed Finn next week.

Sheets said he plans to meet with Sgt. William Falco and Lt. Francis Mullen for two hours each next week.

If all goes according to plan, Sheets said he will name the new chief by Sept. 1. Falco was the top scorer in a Civil Service examination while Mullen finished second.

(Editor's note: Mayor Sheets chose Lt. Mullen to fill the chief's job. Sgt. Falco, who went on to become a police captain, was later appointed chief by Mayor William Phelan.)

#### REHIRING UNLIKELY, MORE LAY-OFFS LOOM

With the city slated to lose \$1.5 million in local aid this fiscal year, Mayor Sheets said it is unlikely 47 laid-off workers will be rehired this year and it is possible that more employees will be cut from the payroll next year.

The state legislature voted to reduce local aid by four percent to balance the state budget. With the governor expected to approve the measure, Quincy's local aid will drop from \$35,535,759 to \$34,100,000.

Sheets called the legislature's action "the worst news of my administration" because it's really the first time the legislature has itself cut local aid.

#### QUINCYISMS

Previte's Market, 72 Sumner St., Quincy Point, was offering, "at a low, low price, Boneless Chicken Breasts for \$1.79 a pound".... The state legislature approved a bill changing the name of Quincy Junior College to Quincy College.... The Quincy Sun's Sunbeams column asked the question "Do you like Leo Kelly's moustache? Think he looks better with it than without it? Should he keep it or shave it? Tell Leo when you see him".... Nancy Barrett, daughter of Chris and Doreen Barrett of Quincy, was named to the President's List at Framingham State College. To qualify for the President's List a student must receive a 3.25 grade point average for each of three consecutive semesters....

Mr. and Mrs. Paul Schofield were honored at a 50th wedding anniversary celebration at their home, given by their five children. Mr. and Mrs. Schofield (the former Geraldine Mann) were married July 16, 1940 at the Blessed Sacrament Church Rectory in Houghs Neck.... Linda J. Robinson of Quincy graduated from Eastern Nazarene College, cum laude, with a Bachelor of Arts degree in accounting....

Peggy Demers was installed as the 1990-1991 president of the Quincy Legion Post 95 Auxiliary. The installation was conducted by Norfolk County officers.... The Committee to Elect Paul Van Schaick State Senator was planning a fundraising cruise Aug. 11, donation \$35.... Four Quincy residents received second honors at Don Bosco Technical High School. They are Thomas Leonard, Christopher Mazzini, Brian Jeanette and Thomas Piotrowski....

Jane A. Sparks of Quincy received her associate degree with highest honors from Middlesex Community College.... President Pharmacy, 152 Franklin St., South Quincy, was offering "All Greeting Cards, 50% Off Year Round".... Richard Armstrong, Jr., son of Mr. and Mrs. Richard Armstrong, Sr., received a bachelor degree from Brandeis University. He plans to attend law school....

Michele Del Vecchio, daughter of Leo and Marilyn Del Vecchio of Quincy, recently received a Bachelor of Science degree, majoring in physical therapy. Miss Del Vecchio graduated cum laude.... William Geary, former MDC Commissioner, received a special recognition plaque for his efforts to establish an esplanade along Dorchester's shoreline....

William Esselstyn of Quincy, was named the outstanding senior in accounting by Eastern Nazarene College during the college's annual Honors Chapel.... Erin Kinnally of North Quincy High School was named first place winner in the Fleet Reserve Association Essay Contest "What Freedom of Speech means to Me"....

Bruce Ayers of North Quincy was licensed as a Community Access Monitor by the State Office of Handicapped Affairs. He is responsible for enforcing federal and state laws, which prohibit discrimination against handicapped persons.... Peter M. McElory was promoted to an elected member with the firm of Cosgrove, Eisenberg and Kiley, P.C. McElory was a former associate with the firm.

## READERS FORUM

### Grateful For Work By Fr. Bill's, South Shore YMCA

(A copy of the following letter was submitted to The Quincy Sun for publication.)

Dear South Shore YMCA staff,

We are grateful to read, in Mr. John Yazwinski's letter to The Quincy Sun, of the South Shore YMCA's contributions to helping the most vulnerable among us collaborating with Father

Bill's & MainSpring.

Since the onset of the pandemic in March, when we were no longer able to visit the Y, we decided to continue to pay our full family membership fees in efforts to help stave off any reduction of essential services such as emergency child care. We're relieved that the South Shore YMCA in conjunction with the City

of Quincy, has been impactful for the homeless population in collaborating with Father Bill's undying efforts for what is right and necessary.

It's also important to realize that the process of relocating Father Bill's Place during the construction of the new police station, the City is doing its due diligence in assuring a smooth

transition with no interruption to the services Father Bill's Place provides. Quincyans can also contribute to these efforts with donations via helpfbms.org

Please keep up the good, solid and important work.

Best wishes,  
Lorena Calderon and Bill Spirito  
South Shore YMCA members

### Let's Work Together And Do What's Best For People

After reading last week's letter on making Massachusetts a Sanctuary State which is what the Safe Communities Act really is, I needed to address this issue. I was a police officer for 28 years and often met undocumented folks both at work and in my community. We are all just people trying

to survive. Our politics may be different but we all live basically the same lives and interact all the time without really knowing each other's legal status or even care about it.

Our political leaders have been kicking this can down the road going back before President Reagan

was in office. Both sides of the aisle up on Capitol Hill pontificate all the time. They all seem to love doing that better than solving our illegal immigration issue.

I do not view the issue as a conservative or liberal one. It is an American issue. Even President Reagan tried his hand at solving it unsuccessfully though. There will be no mass deportations taking place only fringe elements on both sides seem to believe will happen. Illegals like America because it is safer for them and their children. I do not consider them the enemy but I do think we need to find a solution once and for all. We are a nation of laws and we don't get to choose which we follow and which we break.

It is time for folks like those who wrote last week's letter to the editor and folks like me try to work together rather than be adversaries. There is a solution out there to be found. We need to get politics out of the mix and think about what is best for people and for our nation.

Sanctuary State status is just both a stalling and divisive tactic that brings more division when we need unity of purpose. As the grandchild of four immigrants, two from Sicily and two from Ireland I am not anti-immigrant. We need to solve this issue before my generation hands it all over to the next like the generation before me did to us.

Sal Giarratani  
Boston

#### Letter Correction

Thank you for printing our letter regarding the Safe Communities Act in last week's Quincy Sun. We noticed an error and want to correct our text.

We urge Senator John Keenan, and Representatives Tackey Chan, Bruce Ayers, and Ronald Mariano to listen to the advice of medical experts and pass the Safe Communities Act as immediately as possible to ensure human rights protections will be provided for immigrant communities to feel safe.

Immigration Task Force Members,  
Quincy For Transformative Change

More Readers Forum On Page 8



# Quincy Retired Teachers Award \$92,500 In Scholarships

## 37 Recipients From Quincy, North Quincy High Schools

The Quincy Retired Teachers Scholarship Board announces the presentation of 37 scholarships totaling \$92,500 to the class of 2020 at North Quincy High and Quincy High.

The Scholarship Board was established in 1978 when the Quincy Retired Teachers Association received a contribution from the estate of Warren Findlay, math teacher at Quincy High School for the purpose of awarding scholarships.

The fund has grown substantially over time through contributions from the estates of retired teachers and from donations from the community made in honor or in memory of retired teachers, community friends or family members. The fund now exceeds \$2 million. "This contribution to the youth of Quincy from its retired teachers is unique in the Commonwealth," said Kathleen Mitchell, president of the Retired Teachers Association.

Since its inception, over 1,000 scholarships to graduating seniors, total over \$1.5 million.

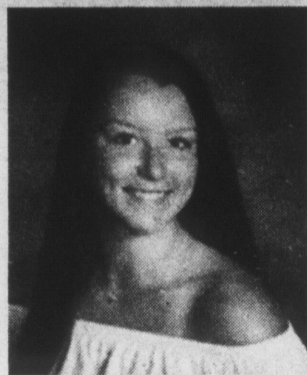
Linda Lew Hanson, president of the Scholarship Board, said students at each high school may apply for these scholarships through their respective high school's guidance department. Recipients are chosen by a Scholarship Committee at each high school.

Criteria for receiving these scholarships is based on high academic or technical achievement, desirable character traits, financial need and active participation in school or community activities. Students who apply may be pursuing a traditional college or technical education.

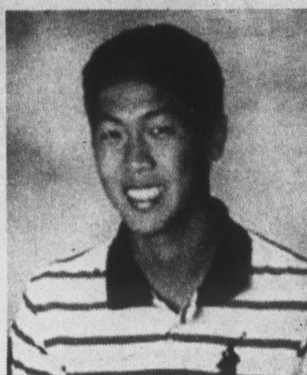
The 2020 recipients are as follows:

North Quincy High: Shane Lervikarn, Kaylin Chan, Erin Leung, Aaron Huang, Gina Jiang, Amaryl- lis Gu, Amanda Chan, Benjamin DeBisschop, Jessica Lu, Alisha Tran, Abigail Der, Sarah Pillone, Jenny Zeng, Xinyu Hu, Mya Le, Phoebe Johnston.

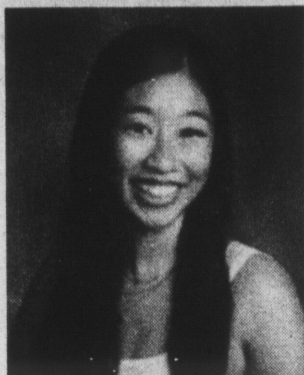
Quincy High: Patrick Rak, Jose Betancourt, Cait- lin Ho, Braedan Kopp, Al- exander Ireland, Jennifer Segale, Tedi Qafko, Mag- gie Murphy, Tiffany Pham, Charles Justin Culata, An- nabelle Le, Amanda Mor- ris, Jessica Morabito, Taylor Burgess, Emily Vu, Helga Becka, Kayla Vu, Toan Lu- ong, Michelle Vu, Rui-Feng Chen, Jin Rui Chen.



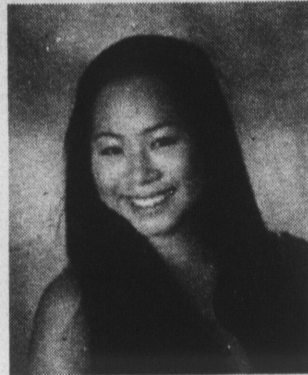
SARAH PILLONE



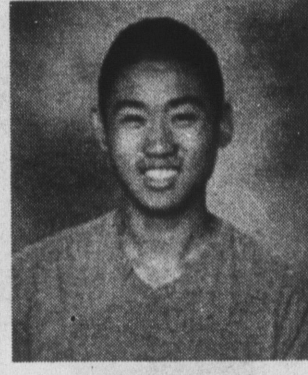
SHANE LERVIKARN



KAYLIN CHAN



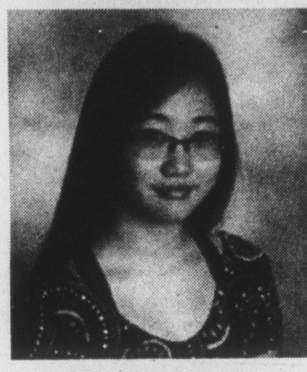
ERIN LEUNG



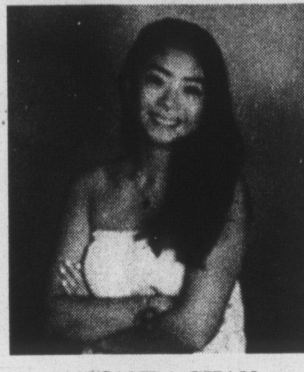
AARON HUANG



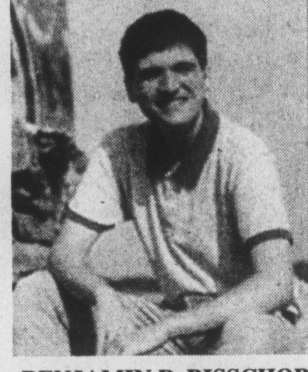
GINA JIANG



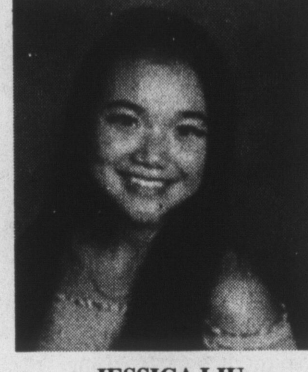
AMARYLLIS GU



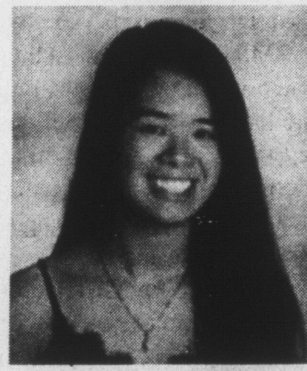
AMANDA CHAN



BENJAMIN DeBISSCHOP



JESSICA LIU



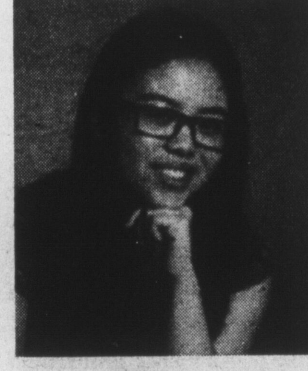
ALISHA TRAN



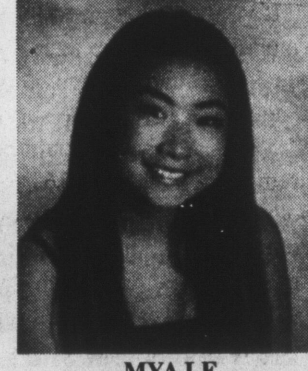
ABIGAIL DER



XINYU HU



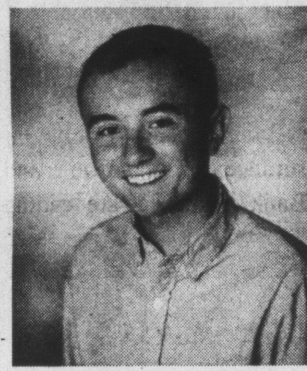
JENNY ZENG



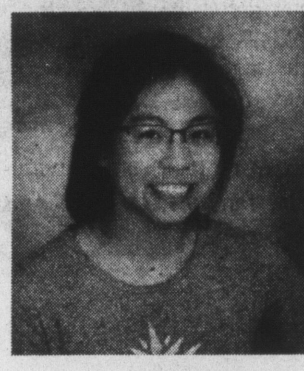
MYA LE



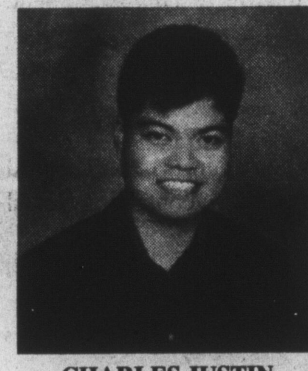
PHOEBE JOHNSTON



BRAEDON KOPP



CAITLIN HO



CHARLES JUSTIN CULATA



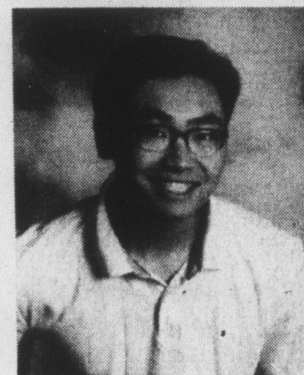
EMILY VU



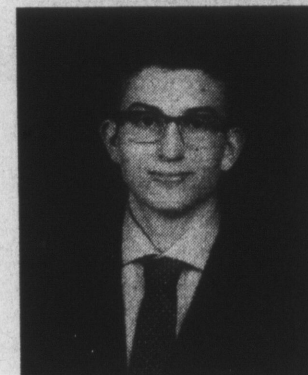
HELGA BECKA



JENNIFER SEGALE



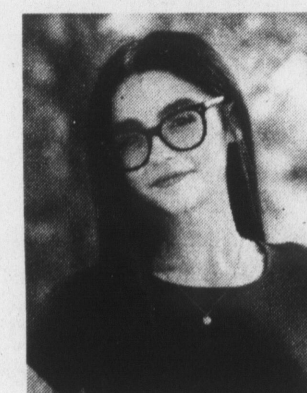
JIN RUI CHEN



JOSE BETANCOURT



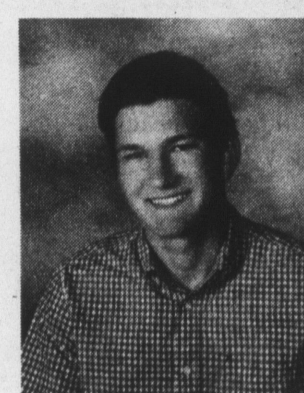
KAYLA VU



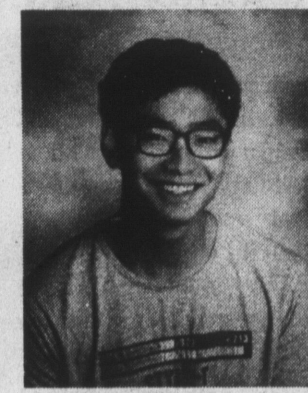
MAGGIE MURPHY



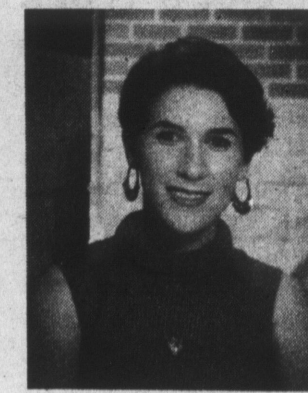
MICHELLE VU



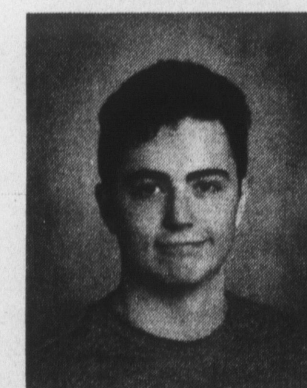
PATRICK RAK



RUI-FENG CHEN



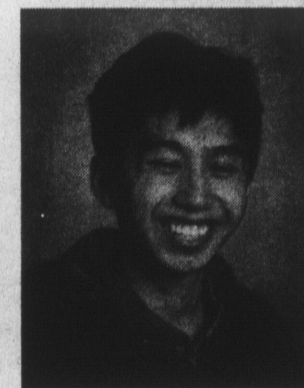
TAYLOR BURGESS



TEDI QAFKO



TIFFANY PHAM



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## Social Security Matters

### Ask Rusty – Can I Get A Widow's Benefit If I'm On Disability

By RUSSELL GLOOR  
AMAC Certified Social Security Advisor  
Association Of Mature American Citizens

**Dear Rusty:** I was recently approved for my Social Security disability benefits. Will I still be able to get my widow's benefits when I turn 60, which is right around the corner? Or do I lose those because I am disabled? **Signed: An Uncertain Widow**

**Dear Uncertain Widow:** You will not lose your survivor (widow's) benefits because you are now collecting Social Security Disability Insurance (SSDI) benefits. You can get the survivor benefit if it is more than your SSDI benefit and provided that you did not remarry before age 60 (and remain married). If you are entitled to and claim a survivor benefit while on SSDI, it will come as a separate supplemental payment which, along with your SSDI benefit, equals the amount you are due as a widow.

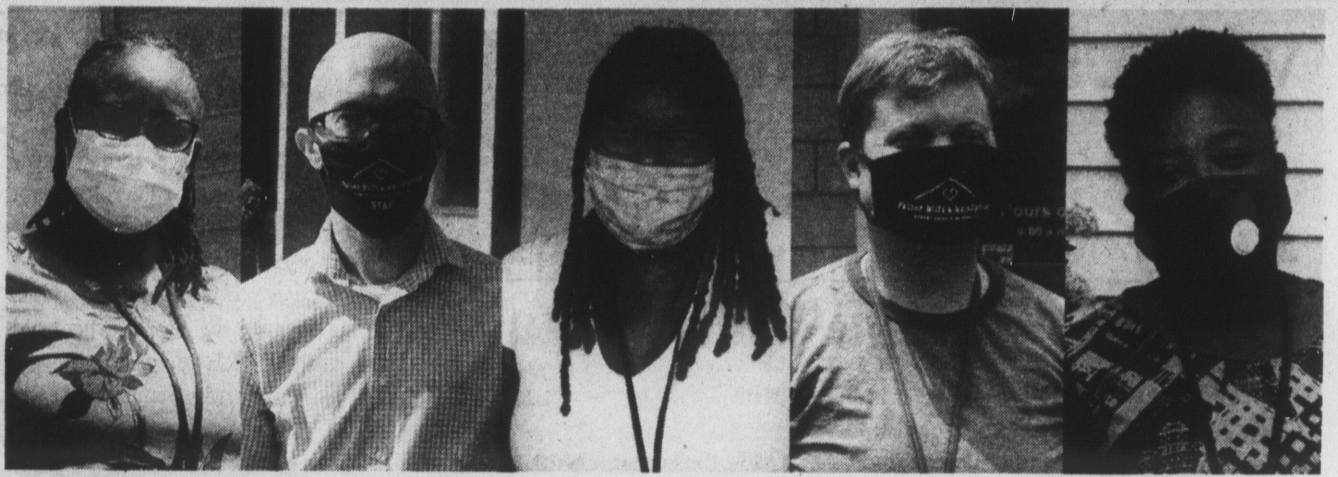
If you are now on SSDI you can actually take your survivor benefit before age 60 because survivor benefits can be taken as early as age 50 if you are disabled. But claimed at age 60 or earlier, the survivor benefit will be reduced by 28.5% from what it would be if you wait until your full retirement age (FRA) of 67 to claim it. If you are collecting both SSDI and the survivor supplement when you reach your full retirement age, it will automatically convert to one payment equal to what you're entitled to as a survivor (SSDI benefits stop at full retirement age).

It would be prudent for you to evaluate whether you should continue with your SSDI benefits only for a while and allow your survivor benefit to grow to a higher amount. At age 67, your survivor benefit as a widow will be 100% of the amount your deceased husband was receiving, or entitled to receive, at his death. But claiming it before your full retirement age will mean it will be cut by 4.75% for each year earlier than your FRA that you claim it. You can find out your full survivor benefit amount by contacting Social Security.

Your survivor benefit will reach maximum at your full retirement age, and it does not expire so you can delay up to age 67 to claim if you wish (to get the maximum amount as a widow). But if your financial situation is such that you need the reduced survivor benefit earlier, and your benefit as a widow is more than your SSDI benefit, you can claim it at any time. Survivor benefits must be applied for directly with the Social Security Administration, which you can reach by phone at 1.800.772.1213, or at your local office (find the phone number for your local office at [www.ssa.gov/locator](http://www.ssa.gov/locator)). Note that all Social Security offices are temporarily closed to in-person visits by the public, so telephone is your only current option to apply for your survivor benefit, until after the pandemic closure is lifted.

*This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.*

To submit a question, visit [amacfoundation.org/programs/social-security-advisory](http://amacfoundation.org/programs/social-security-advisory) or email [ssadviser@amacfoundation.org](mailto:ssadviser@amacfoundation.org).



FRONTLINE STAFF at Father Bill's & MainSpring (FBMS), a regional provider of emergency shelter and housing, has been named the 2020 recipient of the Richard C. and Virginia A. Welch Dedicated Volunteer Award. *Courtesy Photo*

## Fr. Bill's Frontline Staff Recognized For Service During COVID-19 Crisis

The frontline staff at Father Bill's & MainSpring (FBMS), a regional provider of emergency shelter and housing, has been named the 2020 recipient of the Richard C. and Virginia A. Welch Dedicated Volunteer Award. The recognition is being announced as part of FBMS' Campaign for Hope, a fundraising initiative launched as an alternative to the organization's FoodFest event, which was canceled this year due to the COVID-19 crisis.

Starting in March, when millions of people across the country began staying home to limit their exposure to the highly contagious coronavirus, FBMS' frontline staff continued to show up to work to assist individuals, families, and Veterans experiencing, or at risk of, homelessness.

The award is named after the late Richard C. Welch, the co-founder and President of Dyna-Fab Company and a longtime member of the board of directors at FBMS, and his late wife Virginia.

The Welch Award is typically presented at FoodFest to a volunteer/supporter who demonstrates a significant commitment to the agency's mission. When considering the launch of the Campaign for Hope, focusing on the organization's needs as a result of the pandemic, the Board of Directors decided it was fitting to recognize the agency's frontline staff.

"In life, it's the tough times that reveal our strength and character. During these challenging

past few months, you have shown exceptional strength and the highest character by stepping up for the guests who rely on our services," FBMS Board of Directors Chairperson Dr. Michael Kryzaneck and Vice Chairperson Mary Catherine Finn wrote in the award letter to frontline staff. "You put your own health at risk in order to provide hope and safety to our neighbors in need. Your commitment to our mission has been heroic."

The Campaign for Hope, which runs through the end of July, is raising funds to help FBMS keep up with the unprecedented costs associated with the COVID-19 pandemic. The Arbella Insurance Foundation and Bank of America are leading supporters of the Campaign for Hope, which thus far has received support from more than 70 businesses, organizations, and individual donors.

Campaign for Hope features:

• **Video Tributes** – FBMS frontline staff will be recognized via special video messages recorded by Boston Bruins star Charlie Coyle, a Weymouth native, and local elected officials. The tributes are being shared on FBMS' social media pages.

• **Get One, Give One Auction** – The public can support local restaurants hit hard by the pandemic while also filling an important need for FBMS. Winning bidders receive gift cards to local restaurants, all long-time FoodFest participants,

while also providing prepared meals for emergency shelter guests or frontline staff. To learn more, visit [campaignforhope.givesmart.com](http://campaignforhope.givesmart.com).

• **General Auction** – Similar to past FoodFests, FBMS is holding an online auction for valuable items, including unique virtual experiences, gift cards, and sports memorabilia. To learn more, visit [campaignforhope.givesmart.com](http://campaignforhope.givesmart.com).

• **Matching Gift Challenge** – Through the end of the Campaign for Hope, two Hingham donors, who wish to remain anonymous, have offered to match all donations to FBMS, dollar for dollar, up to \$100,000. It is the largest matching gift offer the agency has ever received. Donations can be made at [helpfbms.org/donate](http://helpfbms.org/donate) or sent to: Father Bill's & MainSpring, Attn: Development Office, 430 Belmont St., Brockton, MA 02301.

All proceeds support

FBMS' response to the COVID-19 crisis. FBMS estimates that it is spending an additional \$300,000 per month as a result of the pandemic, of which \$125,000 per month must be raised in private donations. Additional expenses for the agency include the operation of satellite shelters, allowing for social distancing among guests, and new investments in food, PPE, and cleaning supplies.

"Our campaign ends on July 31, but we will be fighting this virus for the foreseeable future. The funds raised now will help us sustain hope during the difficult times ahead," FBMS President & CEO John Yazwinski said. "We are blessed to have a dedicated staff showing up every day to help our most vulnerable neighbors, and we are grateful to our generous network of supporters who are stepping up to provide hope when it's needed most."

### James MacDonald On Dean's List

James MacDonald of Quincy is on the Dean's List at Bates College in Lewiston, ME.

MacDonald, the son of Philip E. MacDonald and

Angela G. MacDonald of North Quincy, is a 2016 graduate of Boston College High School. He is senior majoring in economics and minoring in mathematics at Bates.

### Hannah Bell On Dean's List

Hannah Bell of Quincy has been named to the Dean's List for the spring semester at Providence Col-

lege. She is the daughter of Chris and Kathy Bell of Quincy.

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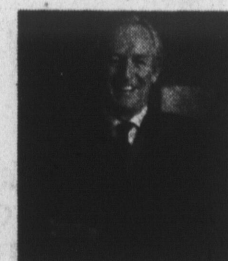
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## WHAT'S COOKING

with  
**Marie & Susie**

By MARIE D'OLIMPIO and SUSIE FALCO

**Meat Ragù With Pasta**

By MARIE

Today's recipe is from my grandson, John, who loves to cook and is always finding and cooking different recipes. This recipe is delicious and easy to make and your family will love it!

**Ingredients**

1 box of pasta (any kind with ridges)  
1 medium onion, diced  
1 carrot, diced  
1 stalk celery, finely chopped by hand  
½ can crushed tomatoes (I like Cento)  
1 cup chicken stock  
1 cup white wine  
4 tablespoons of Olive Oil  
2 pounds ground beef  
Sprig of thyme

**Milk**

Cook the onion, carrot and celery over medium heat with olive oil until soft.  
Add ground beef and stir to blend.  
Cook until meat starts to brown and then add white wine just enough to cover the meat slightly.  
Add in the crushed tomato and chicken stock.  
Simmer and stir for 1 hour over medium heat.  
Once the sauce is done add a splash of milk and stir through.  
Cook pasta according to directions.  
When the pasta is done, drain and place in put in a bowl.  
Pour the meat ragù over the pasta and enjoy!

**Walnut Spread**

By SUSIE

So, before you read the recipe, here is some information regarding walnuts that you might not know.

Walnuts help reduce "belly fat," help decrease LDL cholesterol (and increase the good kind) increase heart healthy omega 3's in red blood cells, help to reduce inflammation, in human subjects have been shown to reduce the risk of pancreatic cancer, and in rat and mice studies, have been shown to reduce the risk of breast cancer, may help with bone loss and improve overall bone health, and contain high amounts of important minerals (like magnesium) which is found to be lacking significantly in our diets in general.

This is a terrific spread and takes only a few minutes. Great for a summer party or a quick and easy appetizer!

**WALNUT SPREAD**

1 can garbanzo beans  
1 cup chopped walnuts  
1 cup basil leaves  
¼ cup extra virgin olive oil  
2 Tbsp. lemon juice  
sea salt and pepper  
1 small clove garlic, minced (or garlic powder, just ¼ tsp or so)

Drain beans and reserve liquid.  
In food processor, combine ¼ cup reserved liquid with all other ingredients.  
Cover and process. (You may need to add more liquid as you go along to make it nice and smooth.)  
Serve with raw vegetables, crackers, or spread on your next healthy sandwich... whatever you enjoy!

**31 Students On UMass Lowell Dean's List**

The University of Massachusetts Lowell announces 31 students from Quincy are on the Dean's List for the spring semester.

They are:

Kishan Patel, majoring in biology; Sara Avdulla, majoring in biology; Jessica Lepkowski, majoring in business administration; Janelle Chin, majoring in chemical engineering; Vinh Dao, majoring in chemical engineering; Shania Ruiz, majoring in civil engineering; Jingxian Shi, majoring in electrical engineering; Brian Quach, majoring in exercise physiology; Thomas Tran, majoring in exercise

physiology; Zhiyang Luo, majoring in mathematics; Emily Hatfield, majoring in mechanical engineering; Kalima Buke-nya, majoring in mechanical engineering; Lauren Saccoach, majoring in nursing; Minhthu Nguyen, majoring in nursing; Vivian Lo, majoring in nutritional science; Molly Hurley, majoring in peace & conflict studies; Peter Saccoach, majoring in plastics engineering; Nina Nguyen, majoring in public health; Carolyn Ho, majoring in public health; Angela Shi, majoring in business administration; Andrew

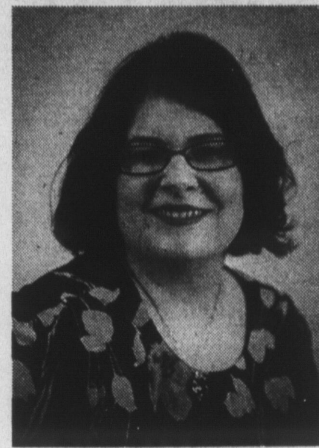
Feng, majoring in business administration; Jiming Mei, majoring in civil engineering; Elizabeth DiMat-  
tione, majoring in exercise science; Chinghang Chin, majoring in mechanical engineering; Myky Nguyen, majoring in mechanical engineering; Ching Lai Chin, majoring in UPP advanced program; Timothy Riley, majoring in business administration; Yulisa Wu Liang, majoring in business administration; John Higgins, majoring in business administration; Alex Leung, majoring in computer science; and Christopher Wynands, majoring in nursing.

**Danielle Kempe Named  
Certified Fund Raising Executive**

Danielle Kempe of Quincy, director of Development for Wade Institute for Science Education, has joined over 6,900 professionals around the world who hold the CFRE designation.

Individuals granted the CFRE credential have met a series of standards set by CFRE International which include tenure in the profession, education, and demonstrated fundraising achievement. They have also passed a rigorous written examination testing the knowledge, skills, and abilities required of a fundraising executive, and have agreed to uphold Accountability Standards and the Donor Bill of Rights.

"The CFRE credential was created to identify for the public and employers those individuals who possess the knowledge, skills, and commitment to perform fundraising duties in an effective and ethical manner," said CFRE International President and CEO Eva E. Aldrich, Ph.D., CAE, (CFRE 2001-2016). "As



DANIELLE KEMPE

the certification is a voluntary achievement, the CFRE certification demonstrates a high level of commitment on the part of Danielle Kempe to the fundraising profession and the donors who are served."

CFRE recipients are awarded certification for a three-year period. To maintain certification status, certificants must demonstrate on-going fundraising employment and fundraising results and continue with their professional education. Employers and donors who work with CFREs know

they are getting a professional who is committed to the best outcomes for their organization and has the requisite knowledge and skills.

The CFRE certification signifies a confident, ethical fundraising professional.

Since 1981, CFRE has set standards for fundraising professionals. As the only globally recognized fundraising certification, CFRE indicates professionalism, confidence, and ethics. It is how today's fundraiser shows accountability, service, and commitment to making a difference for good. The CFRE certification program is accredited by the American National Standards Institute and is the only accredited certification for fundraising professionals.

CFRE International congratulates Danielle Kempe for achieving the CFRE designation.

For more information visit [www.cfre.org](http://www.cfre.org).

**Large Gatherings 'Recipe  
For Disaster' Baker Warns**

Cont'd From Page 3

transmission.

Those travelers subject to the new rules will be required to quarantine for 14 days unless they can produce a negative COVID-19 test result that was administered up to 72 hours prior to arrival in Massachusetts. Travelers would no longer be subject to the quarantine requirement if they receive a negative test result after they arrive in the state.

Those who violate the

new rule face a fine of \$500 per day.

Eight states are currently deemed lower risk: Connecticut, Hawaii, Maine, New Hampshire, New Jersey, New York, Rhode Island and Vermont. To be designated as a lower-risk state, a state must have a positive test rate below 5 percent and fewer than six new cases per day per 100,000 residents. Both are measured as a seven-day rolling average.

Baker on July 31 also announced the start of a new public-awareness campaign, "Mask Up MA!" to remind everyone of the importance of wearing masks or other face coverings. The campaign includes a new website, [mass.gov/maskup](http://mass.gov/maskup).

Masks have been mandatory in public when social distancing is not possible since May in the Bay State. Those who violate the rule face a fine of up to \$300.

**READERS FORUM****City Needs Medical Center, Not More Homes**

I sent a letter to our local paper regarding the Quincy Medical Center property and requested the residents of Whitwell Street to contact an attorney to sue the mayor as well as the members of the planning board and the developer of the property on

Hospital Hill. Regarding the planning board meeting regardless of the overwhelming opposition to the development of that property, the planning board approval of the property with total disregard for the health and safety of the citizens of this

city. I still urge the residents of Whitwell Street area to contact an attorney to sue the mayor and the planning board as well as the developer of that property.

This city needs a medical center and not more homes.

Charles Dennehey, Jr  
West Quincy

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# Long Work Hours Can Be Hazardous To Your Health

A Message From Ruth Jones, City Of Quincy Health Commissioner

By RUTH JONES  
MSPH, BSN, RN,  
BC, CP-FS

The 9-to-5 workweek has been an American labor law standard for years. Regrettably, for American workers, the average employee's 40-hour workweek is actually 47 hours, and even worse for salaried employees. The typical non-hourly American worker devotes 49 hours per week at the office, with 1 in 4 stating that they spend more than 60 hours per week at work. That amounts to a 12-hour a day shift, five days a week.

Working long hours can have severe consequences for your physical and emotional health and may even end up adversely affecting productivity. People who habitually put in an abundance of hours are really running an increased risk of potentially developing chronic diseases later in life, according to a study at the

College of Public Health at Ohio State University.

The study included information on the working habits of nearly 7,500 U.S. men and women over three decades. Most of the study volunteers were over age 50 toward the end of the study. The link between long work hours and disease seems to be slightly present in men, but is remarkably more evident in women. While the studies cannot demonstrate cause and effect, the correlations were compelling in women. When researchers compared men who worked more than 60 hours a week to those who worked 30 to 40, they found those who worked the longer hours had more than twice the risk of getting osteoarthritis or rheumatoid arthritis. But men's risk for other chronic or serious diseases didn't go up substantially. In fact, those who worked 41 to 50 hours had a lower risk of

heart disease, lung disease and depression. When the study associated women who worked 30 to 40 hours a week to those who worked more than 60 hours a week, women who worked 60 or more hours had more than three times the risk of heart disease, non-skin cancer and diabetes, nearly three times the risk of asthma, and nearly four times the risk of arthritis.

Researchers could not explain why more work hours seemed to have such an impact on women's health, but believe women's compounded roles are at the source. Speculation is that these women have to balance all these other roles, parenting, childcare, domestic responsibilities, worrying about everyone's health care, and subsequently are not taking care of themselves. Working the long hours can interfere with sleep and keep the body in

a constant state of stress, and taking care of a family may leave little time to prepare meals. These women may be eating and serving their family fast food or other takeout which proves to be unhealthy. In addition the belief is that these women may not be going to their health care providers on a regular basis or utilizing preventative screening tests, such as mammograms. Women working long hours who are single mothers may have even more responsibilities and stress.

Other studies have concluded that the effects of long hours are somewhat alarming. First, it's creating a fatter society. While seated, you burn 50 fewer calories per hour than while standing. Multiply that over a 47-hour workweek and sitters will have had to run practically 4 miles to burn off the extra 2,350 calories. Not to mention the 6 pounds

gained every year from consuming office snacks.

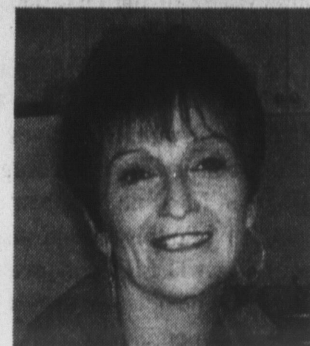
It's altering our heart. Research has shown that those who spend four or more hours sitting per day have a 125% increase in heart disease risk, and a 50% increased risk of death from any cause.

It's contributing to diabetes. Research has found that people with the highest sedentary behavior had an increase in their relative risk of Type 2 diabetes. Those who spend less than 12 hours sitting down a week can decrease their risk of diabetes by 75%, and that those who sit more than 25 hours per week increase the chance of developing metabolic risk factors like bad cholesterol and insulin resistance.

It's causing despair. According to researchers, stressful work conditions, including long work hours, can double your risk of depression. A poll of nearly 240,000 full-time workers found that 10.8% of U.S. full-time workers have received a depression diagnosis, costing employers roughly \$23 billion a year.

It's stressing us out. According to surveys, 80% of workers experience stress on the job, and 25% have felt like screaming or shouting because of job stress; 14% even said that they had felt like striking a co-worker in the past year, but thankfully didn't. According to the Occupational Health & Safety Administration, there

POLITICAL ADVERTISEMENT



RUTH JONES

are more than 500 workplace homicides every year. And all of that stress is taking a toll on our bodies, perpetual stress increases the rate of wear and tear to biological systems, contributing to back and muscle pain, headaches and exhaustion.

As more studies are produced, we may speculate that current work habits are going to lead America's workforce to an early grave. So what can we do to protect our health? Taking some time for yourself every day is crucial. That could mean getting some exercise, reading a book, watching TV or even just sitting doing deep breathing. Many workers are taking their health into their own hands, whether they're buying standing desks to alleviate 11 daily hours of sitting or negotiating fitness workout policies with their bosses. Even just a brisk walk can reduce risk of complications such as deep-vein thrombosis.

Since, statistically, you're undoubtedly reading this at work, be good to yourself: Go stretch your legs and grab a coffee. It might just save your life.

Ruth Jones is the health commissioner for the City of Quincy.

## 3 Ways To Prevent The Pandemic From Spoiling Your Retirement – Whenever It Is

By ALBERT LALONDE

The pandemic has brought the possibility that some older workers will have to retire sooner than they planned.

One factor is that people 65 and above are considered to be among the highest-risk groups for severe illness from COVID-19. Thus, as the economy opens back up, baby boomers in particular are thinking twice about returning to office environments that could expose them to an increased risk of contracting the disease. And while in some cases retirement decisions will be voluntary, retirement may be essentially decided for some older workers due to jobs being eliminated as struggling companies restructure.

One report showed retirements of people from 50 to 65 and over have surged because of the pandemic. Medicare eligibility starting at age 65 and full Social Security benefits soon thereafter become economic incentives. But as we know, it takes a lot more than government aid to get us through the retirement years. And for older workers who planned to work long enough to collect full Social Security benefits but instead retire earlier, that could have permanent financial consequences. Filing at the earliest age of 62 will get the retiree only 75% of their annual full benefit. Whereas every year you delay filing for Social Security past full retirement age brings an additional 8% until you turn

70.

People often keep working as long as they can so they can continue to add to their retirement savings while also benefiting from employer-subsidized health insurance. Many older workers from the 40s on up think they will need to work longer because of the current economic crisis. But due to the pandemic, we seem to have less control over length-of-career considerations than ever before. And because of that, it ups the ante on taking care of your retirement funds in advance of retirement, and knowing ways to grow them and balance the risk to them.

When trying to figure out how to protect your retirement portfolio in the uncertain months ahead, remember that sometimes, trying to save yourself from future market volatility can result in major investing mistakes. Here are some examples to avoid during this recession:

• **Being too conservative.** Finding a foothold for financial stability is on many people's minds given these nervous times, but stability can be taken a bit too far. For example, focusing almost exclusively on fixed-income investments limits your growth potential. They won't match the growth of equities when the economy rebounds. One rule of thumb: the majority of those not yet retired should put at least half of their portfolios in equities, and the younger one is, the higher the percentage of equities. You can

reduce risk and achieve stability by improving the quality of your equities, such as those with well-regarded management and consistent customers, and those that have paid dividends over a long period.

• **Ceasing to invest.** While some companies have paused matching employee 401(k) programs due to the pandemic, it's not out of the question that they'll one day resume when a recovery ensues. But no saving plus no investing equals putting yourself much further behind for retirement. If you can afford to contribute to an IRA or 401(k) during the recession, do it. Suspending your investing because of concerns that your positions will lose value is a backsliding strategy that can bite you. As the economy climbs back, share prices increase, but if you sat on cash while waiting for a recovery, you won't benefit from the upswing. And later on you'll pay higher prices for those shares, when you could have gotten them for less.

• **Trying to time the market.** Basing investment decisions on current market conditions is tricky. Some people are making those kinds of decisions, such as selling off or pausing contributions, to protect themselves from future market declines. But for example, when deciding to liquidate, you later may have to decide when to reinvest. Will that timing always be good? No. Even professional fund managers have difficulty

timing the market. So it's better to remember that you got into the stock market in the first place because, over long periods, history shows it often trends up. Don't react to what's happening today. Stick to a consistent schedule of investing. And remember: long-term growth helps fund your retirement.

## Noel DiBona for Register of Probate Norfolk County Democratic Primary Sept. 1<sup>st</sup>



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On Sunday, July 26, members of the Quincy Police Drug Control Unit were conducting surveillance in the West Quincy area of the city, due to recent complaints of drug activity.

At approximately 7:41 p.m., detectives observed what they believed to be two drug transactions in the parking lot of 150 Quarry St. Detectives observed the defendant make actions consistent with a drug transaction with the operator of a Nissan Maxima and then with the operator of a Toyota Camry. While this second suspected drug deal was happening, Officer Dabilis conducted a motor vehicle stop of the Maxima. The operator turned over the alleged crack cocaine she had just purchased.

Detectives observed the defendant return to his Dodge Caliber and exit the parking lot. Officer Dabilis activated his emergency lights and sirens to affect a motor vehicle stop. At that time, the Dodge crossed over the double yellow lines and accelerated on to the wrong side of the road and made a left turn onto Dunns Ct., which is a dead end. The Dodge was operating at excessive speed and in a reckless manner, almost striking a mother and her young child.

Detectives observed the defendant exit the driver's seat while the Dodge was still moving and run from the vehicle. The unoccupied Dodge then struck the front of a residence on Dunns Ct. The vehicle came to a stop after knocking over a support column for the front porch and causing damage to

## A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS  
Public Information Officer  
Quincy Police Department

the front door. Officer Dabilis and detectives pursued the operator on foot.

Officer Kaes, who arrived on scene to assist, located the operator and placed him under arrest. During a search of the flight path of the defendant, Officer Dabilis located an open plastic bag containing a white rock like substance which he believed to be crack cocaine. This bag was located at the bottom of a retaining wall in the area of 187 Common St. where he had observed the suspect jumping from the wall and continuing to flee.

Detectives spoke to a witness who stated she was outside playing with her 6-year-old son when the Dodge narrowly missed striking her son before she was able to pull him out of the way. She told detectives she was in fear that her son was going to be seriously injured and was extremely shaken up.

The 26-year-old male from Dorchester was arrested and charged with distribution Class B (cocaine), possession with intent to distribute Class B (cocaine), failure to stop



for police, resisting arrest, reckless operation of a motor vehicle, leaving the scene of property damage, as well as other charges.

The operator of the Maxima was advised she would receive a summons to appear in court. The operator of the Toyota Camry was not located.

If you suspect drug activity in your neighborhood, please reach out to our Drug Control Unit by emailing anontips@quincyma.gov, contacting 617.328.4527, or by submitting a tip using our #MyPD app.

## QUINCY POLICE CRIME AWARENESS JOURNAL

### FRIDAY, JULY 24

**BREAKING AND ENTERING/PAST (back door), 1:22 p.m., 378 Granite St.** Reporting party states he has surveillance footage of two males that broke into business. Reporting party will be at back door of Granite Street Cafe to point out damage and speak with an officer.

**BREAKING AND ENTERING/PAST, 11:16 p.m., 1000 Southern Artery, 1000 Southern Artery.** Earlier tonight motion lights went off and the door was open and reporting party has a door stopper. She is now at her other residence and would like to speak with an officer.

### SATURDAY, JULY 25

**BREAKING AND ENTERING/PROGRESS (two males), 6:24 p.m., West Street.** Two black males wearing jeans - one older one younger - unknown where males went. Left a box in caller's yard. Broke in possibly by side door. Males were carrying a safe. Both males wearing COVID masks. Description of one male: light skinned black male, Chuck Taylor sneakers, dark blue pants, dark gray shirt, masks. Voicemail left for homeowner; he called back and was transferred to Ptl. Sorgi on scene. Report filed. Lt. Guarante to file supplement. Safe recovered and taken as evidence. Appears safe is only thing taken from house. Neighbor to secure door.

**VANDALISM/PROPERTY (past motor vehicle), 9:08 p.m., Martensen Street.** See caller claims homeless burnt his clothing that was on his Jeep. States they are living in the woods in rear.

### SUNDAY, JULY 26

**VANDALISM/PROPERTY (open line), 12:35 a.m., McDonald's, 275 Hancock St.** Open line with a lot of shouting. Caller states that a male came in and vandalized

the property. Caller states that male left the store and got into a silver four-door car and sped off; no make, model or reg. Property damage by unruly customer.

**BREAKING AND ENTERING/PAST, 9:50 a.m., Ames Street.** Screen door broken in while out for a walk with the dog. Happened last night. Storm door was locked. Grey vehicle with a white male tall with a beard/dirty blonde hair. Door is damaged.

**ASSAULT AND BATTERY (male), 1:56 p.m., Quincy Medical Center, 114 Whitwell St.** Complaint to be filed.

**LARCENY (package delivery), 2:14 p.m., Faxon Avenue.** Taken July 24 in the evening from the waiting room. Video footage may exist of sp male party on premises taking multiple packages.

**VANDALISM/PROPERTY (vandalism), 4:08 p.m., 2 Hancock St.** Summons to be issued for tagging.

**LARCENY (medication), 7:29 p.m., Wollaston Manor, 91 Clay St.** Reporting party states she is missing medication unsure who took it possible health aides that come into the apartment. Caller called back stated she was all set.

**LARCENY/MOTOR VEHICLE (possible use without), 11:09 p.m., 83 Liberty St.** Meet caller at BJ's Gas. Reporting an employee is refusing to return a work vehicle and the keys. Unknown his current whereabouts. Motor vehicle was taken from gas station in Braintree. Budget box truck; reporting party was advised that he needed to file in Braintree due to car being taken from there. Incident closed.

### MONDAY, JULY 27

**BREAKING AND ENTERING/PAST, 3:02 a.m., 463 Hancock St.** Caller states he had sheds broken into and personal tools stolen; states he knows who the possible suspect is.

**LARCENY/MOTOR VEHICLE (black Honda Civic), 9:13 a.m., 200 Falls Blvd.** Used car without authority/no permit, no driver's license. State was notified and would not enter for reporting party; told to call Quincy PD to report. Front end damaged, car not driveable. Niece is home now and returned car with front end damage. Contact State Police to confirm accident.

**LARCENY (money), 10:55 a.m., 1237 Hancock St.** In QPD lobby; reporting party stating money stolen from her business. This is an ongoing issue; BCI to handle.

**VANDALISM/PROPERTY (two slashed tires), 12:14 p.m., Billings Road.** Car parked out front - black Infiniti truck. No suspect info, case number provided. Incident closed.

**LARCENY (wedding ring), 6:36 p.m., Harbour Hospital, 460 Quincy Ave.** See caller in QPD lobby. He said his ring was stolen when he was a patient there a week ago. Case number provided.

**LARCENY (past money/gift cards), 8:31 p.m., Chubbuck Street.** Knows person who had taken them; happened during a graduation party.

### TUESDAY, JULY 28

**LARCENY (cell phone), 6:47 a.m., Brook Street.** Caller states that his friend stole his phone. Caller states that his friend opened accounts in his name and may have access to his unemployment. Caller states that friend lives in North Quincy somewhere. Does not know exact address or his DOB. Party was advised, refused any EMS.

**LARCENY/MOTOR VEHICLE, 11:50 a.m., Billings Street.** Vehicle stolen in Boston. Party advised.

**LARCENY (past/wallet), 2:15 p.m., 300 Granite St.** Credit card in wallet was used in Weymouth.

### WEDNESDAY, JULY 29

**LARCENY/MOTOR VEHICLE (scooter no registration), 6:55 p.m., 977 Sea St.** Reports his motorcycle was stolen. Motorcycle was not registered. Coming in with the stolen MV form. Not a motorcycle but a 2020 Cruze 49cc scooter color red and white. No VIN was provided. A message was left with the victim to call back with VIN.

### THURSDAY, JULY 30

**INDECENT EXPOSURE (male), 9:07 a.m., Granite and Hancock Streets.** Arrest made. White male with a Santa beard with a magazine. Misdemeanor straight warrant. Arrest for open and gross and the warrant.

**ASSAULT AND BATTERY (son hurt), 10:07 p.m., Alrick Road.** Reporting party stated his son was beat up and needs an ambulance. Brewster notified; injury to mouth. SSH, RP, parties present and the victim refused to cooperate.

## Markey: We Must Continue To Fight Weymouth Fore River Compressor

Cont'd From Page 4

tion that would be built as part of a pipeline project meant to export natural gas overseas. I worked with Senator Warren and Congressman Lynch to directly write to the chief executive officer of Enbridge, expressing serious concerns about the company's proposal to construct a compressor station in Weymouth.

Natural gas projects need a certificate of "public convenience and necessity" from FERC in order to get approved. But since this project's original application, National Grid and Eversource, the two largest energy utilities in the Commonwealth, both indicated that they do not need the Weymouth compressor to fulfill energy consumer needs and another buyer had withdrawn from the project. This project is no longer necessary for the public—if it ever was in the first place—and I called on FERC to reconsider and reject the Weymouth compressor station as a result.

During the COVID-19 pandemic, many construction sites around the Commonwealth were shut down, but work continued on the compressor. In order to keep the community safe, I worked with Senator Warren to push Enbridge to provide copies of its pandemic plan and documentation on

how they intended to make sure safety and health measures were followed, for their workers and the community.

But the saga of the compressor station took another twist, thanks to the continued work of activists and local officials. On June 3, 2020, the U.S. First Circuit Court vacated portions of the air quality permit that the station needs to operate, giving opponents a chance to share new and relevant air quality research. Later that month, I wrote to MassDEP, demanding it halt ongoing natural gas emission at the site, given that the station no longer has the proper permits.

The recent roadblocks, stays, or cancellations of major pipeline projects—including the Keystone XL Pipeline, the Dakota Access Pipeline, and the Atlantic Coast Pipeline—show how long-term community engagement can turn the tide on dangerous projects. This recent court victory should energize our fight for justice—justice for nearby residents, for the environment, and for public health. And we must continue to keep up the pressure, if we are truly committed to protecting the health, safety, and environment for all those who call the Fore River Basin home.

Senator Edward J. Markey is a U.S. Senator representing Massachusetts

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# Hybrid Learning Eyed For New School Year

Cont' From Page 1

The re-opening plan includes three different models – in-person instruction, remote learning and the hybrid option – and will be submitted to the state for approval. The committee was not asked to choose between the three models when it met last week.

Mulvey had assembled a task force to map out those three options; task force members included school officials, teachers, parents, and the heads of the city's health, public buildings and traffic departments. The task force has determined that a return to full-time in-person instruction is not feasible, Mulvey said.

"Full in-person at this point isn't really doable at this time, but a hybrid approach...absolutely is," he said. "So is remote learning for those students and parents who wish to remain remote when we return in September."

There is not enough space within the city's school buildings to accommodate six feet of physical distancing, even if alternative spaces were used, according to the preliminary plan submitted to the state.

There would be enough room at most schools – 70 percent of elementary schools, all five middle schools and both high schools, with the use of alternative spaces at some of those buildings – to accommodate three feet of physical distancing, the minimum required by the state. According to the submission to the state, however, both the district and the Quincy Education Association, as well as the Massachusetts Teachers Association, have "significant health and safety concerns" with the three-foot model.

Under the hybrid model the district is proposing, students in all grade levels would be split alphabetically into two cohorts. One cohort would attend school in-person on Mondays and Tuesday and then learn remotely Thursdays and Fridays. The other cohort would learn remotely on Mondays and Tuesdays and in-person on Thursdays and Fridays. Certain high-need students would receive in-person instructions all five days.

Under the proposed hybrid model, both cohorts would learn remotely on Wednesdays, during which time the schools could be cleaned. Because of that, half days would be moved to Wednesdays from Tuesdays this year.

The hybrid model would work differently based on grade level.

Each elementary class would be split in two – half in one cohort and half in the other – with two teachers assigned to each class. Each cohort would have the same teacher four days a week with both teachers leading a combined remote class on Wednesdays.

A similar approach would be taken in the middle schools, though students would have different teachers for different subjects. Class times would be longer than they would be in a typical school year, but students would spend roughly the same amount of time learning each subject as they normally would.

The remote learning portion for both elementary and middle school students would be live.

"We really felt strongly that the days that children are remote, they still need to have that live instruction from a teacher," said Erin Perkins, the district's elementary curriculum coordinator. "We could not assign asynchronous activities."

High school students would continue taking all classes, including electives. High school classes would be split into two cohorts, with the same teacher for both groups. Under that model, students would receive live instruction on the two days they attend class in-person and on Wednesdays, while the other two days they are at home would include asynchronous activities.

School Committee member Emily Lebo said she was concerned high school students would only receive a half year's education using that approach.

"It looks like we're going to have enough time to teach kids half of the content that we normally would with some remote supplement," she said. "I'm not blaming anybody for this, I'm just very worried."

North Quincy High School Principal Robert Shaw said he and Lawrence Taglieri, his counterpart at Quincy High School, would have to work with teachers on lesson planning to prepare for the hybrid model. As an example, Shaw suggested an English teacher could focus on a book or a literary unit during the in-person sessions and then give students a writing assignment for the remote days.

"I'm addressing a different part of my standards through the remote sessions than I did with the live sessions," he said. "Not as easy for a math teacher, I don't think, or a vocational teacher. That is a challenge and I think we just call on the creativity of people to get there

as much as we can."

Committee member Doug Gutro said he was concerned about a potential lack of structure for high schoolers during the two days of remote learning that are not Wednesdays, based on his sons' experience last school year.

"So much of it just felt like homework that they could whenever they choose throughout the day," Gutro said. "The lack of structure was not good. I've got pretty disciplined kids...but it matters. It helps."

School officials had surveyed parents to gauge their opinion on re-opening schools in the fall; 3,456 parents, representing 4,404 students, completed the survey.

Overall, 37.5 percent of parents said they preferred in-person instruction, 32.3 percent favored remote learning, and 30.2 percent chose the hybrid model.

Parents' preference varied by grade level. A plurality of high school and middle parents said they preferred the hybrid model; 39.3 percent of high school parents and 34.2 percent of middle school parents chose that option. The favorite at the elementary school level was in-person instruction, with 40.7 percent of the vote.

Teachers were also surveyed as part of the process; 690 teachers had completed the survey as of July 27. Roughly half of those who completed the survey teach at the elementary school level with the remainder split between middle and high school.

Teachers preferred the hybrid model; 40 percent of teachers chose that option, 35.4 percent favored remote learning and 24.6 percent selected in-person instruction.

Committee member Paul Bregoli asked if it would be possible to provide in-person instruction full-time at the elementary level, given that 40.7 percent of elementary parents supported that approach.

"Keeping their attention with an online model, I think, is very difficult," Bregoli said. "I've been there as a teacher and as a counsellor and I know those kids."

In addition, Bregoli said students in that age group are less likely to contract and spread COVID-19.

"The science says that those kids are the least likely to contract the virus and the least likely to pass it on, so I don't think there is an issue in terms of putting people in danger – either students or staff," he said.

Mulvey, the interim superintendent, said roughly 50 percent of elementary

parents would have to opt into full-time remote learning for their children in order to create enough space that the remaining students could receive in-person instruction full-time.

"We're not giving up on it," he said. "We would love to see in-person for elementary, just because [of the] difficulty of doing remote learning, even in the hybrid model, for the younger grades."

Mulvey said the district does have enough teachers to move ahead with the proposed hybrid model – as

well as a remote-only program for students whose families opt to keep their children out of schools this year.

The district, Mulvey added, is looking to hire additional certified teachers as substitutes in the event they are needed in case a teacher becomes ill or otherwise needs to take time off. The district does have some specialists – such as literacy and math specialists – who could shift into teaching roles and assistant principals and certain members of the superintendent's

leadership team could possibly be pressed into service as teachers if needed.

The first day of classes for students in Quincy is currently Sept. 9, but the state is allowing districts to push back the start of the school year to as late as Sept. 16 so teachers can receive extra training on remote instruction. Mulvey said Quincy Public Schools should delay the start of the school year to Sept. 16 to allow for the additional professional development. That would equal a delay of five school days.

## Koch: No Way To Pull Off In-Person Learning

By SCOTT JACKSON

Mayor Thomas Koch said he would prefer to have students return to in-person learning on a full-time basis in September but does not believe doing so is feasible at this point in light of the coronavirus pandemic.

Koch, the chairman of the School Committee, spoke to The Sun about the plan to re-open schools as part of an interview on July 29. Hours later school officials unveiled initial plans for a hybrid learning model for the fall that would have students in school two days a week and at home for remote learning for three days.

Koch, in the interview, said he does not believe the home environment is as conducive to learning as being in the classroom, but the health situation would make it difficult to keep all students in the classroom at all times.

"I just don't think the home virtual environment is the same as being in the classroom. So, no matter

how hard we try, no matter how dedicated the teachers are, I just don't think it has the same impact as the kid being in the classroom," the mayor said.

"Having said that, we have got to deal with the health situation at hand. I prefer to have the kids in the buildings, but it doesn't appear we're going to be able to do that, at least full-time, out of the box."

The hybrid approach Quincy could use would ensure students have some connection to the classroom, the mayor stated.

"I think that at least keeps them connected to the building and they are getting some in-class stuff and you can build on it virtually. But, I think, if they are completely home, I just don't think it is the same educationally," Koch said.

"Now, probably the more gifted kids are going to be fine. Looking back, I know when I was in school, the gifted kids did fine. The kids that really needed a lot of


help, got the help. The kids in the middle just getting by and the whole bit...you worry about them."

Koch said there is not enough room inside the city's school buildings to accommodate six feet of distancing between students and staff, even if alternative spaces like gymnasiums and cafeterias were converted to classrooms.

"The reality is, if we're allowed to go back fully with the requirement of six-foot distancing, there is no way we could pull it off in our schools," he said. "There are probably a handful of schools where you might be able to pull it off because you have less bodies, but some of these school buildings are pretty full and it would be – even using the gyms, cafeterias and everything – very, very difficult."

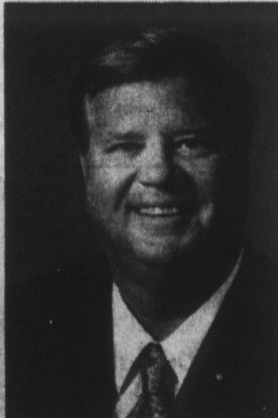
The state guidance for re-opening schools in the fall recommends six feet of distance between students but sets a minimum distance

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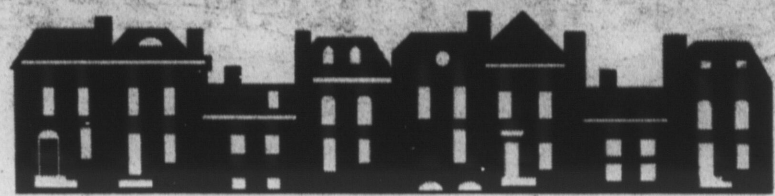
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# Real Estate

## Quincy Real Estate Transactions July 27 - July 31

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER	BUYER	AMOUNT	ADDRESS
Robert B. Williams, Charles B. Williams, Adam G. Williams, Brian N. Williams Entrust Group Inc. 143 & 151 Hancock LLC 39-41 Hall Place Realty Trust Pandi & Ledja Lera Bruce A. Cutting & William Kinnersley Paul T. & Lisa M. Roberts, James L. & Jayne M. Roberts Neponset Point LLC John P. & Alyssa B. Kopp Michcow Realty Trust Scott P. & Lauren C. Hendry 322 Elmwood Avenue Realty Trust Bennett T. Hires Estate of Linda I. Montillio, Estate of Adele J. Monti Lichang Lin & Jiaqing Sun Victor & Ann Marie Montanez Lydia Liu Mark L. & Danielle Vella Robert D. & Maria C. Soohoo Exxon & Sabrina Legaspi Colin J. & Jillian L. Maxey Duffy Marina Drive LLC Eileen M. Joyce Joseph S. Minukas Brendan J. Neenan HSBC Bank USA NA Damien J. & Brandi Turini Michael R. Connolly Sean P. & Elaine B. Simmons John Barbati Shumins Mill Street LLC Jeffrey K. & Deirdre E. Hannon Sumner Street Realty Trust Kehrmeyer Family Trust Igor & Olga Burlak Faith A. Raimondi 143 & 151 Hancock LLC Ryan & Andrea McCarthy Daniel W. & Catherine A. Gage Pels Revocable Trust Stephen L. & Debra A. Pizzi Phuong Vu & My Doan Estate of Gilda Peruzzi Emily J. Struzziery Kevin J. & Deborah A. Madden Marie A. Shea Trust	Flavin Realty LLC  Mathew Hughes Laurie Barnhart Joseph E. Montilio Justin Heyninck & Cleo M. Guerette Geoffrey P. Brown & Lisa H. Wu Brian D. Endicott & Molly R. Tarpey  Robert J. & Judith Alconada Matthew & Isla Niezgoda Zhuodan Zhen Thomas Kilcoyne & Sinead Dolan Jian B. & Xue B. Situ John P. & Alyssa B. Kopp Emerald Investments LLC Mi-A Miller Thanh Nguyen, An P. Nguyen Da H. Yang & Xue Z. Jiang Daniel R. & Jennifer M. Govoni Christine Chen Jason Langley & Michelle Baratta Thomas A. Laakso & Alexandra P. Charrow Janine Hermsdorf Lee M. Mahoney Ryan Doherty Olga Furs Arimola O. Kakamfo Daniel Sprague John Cancilla & Perla Vitela Michael J. & Lauren M. Campanale John & Jane Kisiellus Kristine Hoy Sean P. & Elaine B. Simmons Flyhomes Investments MA, LLC Carla C. Almeida Vanessa Bahnam Liang Lin & Xiaodan Qin Nicholas Balban Patrick Moran & Jennifer Butler Carter C. Peaseley & Melissa K. Johnson Prakash & Saroj Mistri Phuong Vo & Michelle Cao Zhenman Wu Travis F. Botts & Diana E. Hsu Mary E. Cahill Nicole C. MacDonald Maureen A. O'Donnell	\$170,000.00  \$589,000.00 \$537,000.00 \$400,000.00 \$680,000.00 \$421,000.00 \$590,000.00  \$595,000.00 \$516,500.00 \$429,900.00 \$672,500.00 \$630,000.00 \$699,000.00 \$390,000.00 \$325,000.00 \$510,000.00 \$349,900.00 \$634,000.00 \$317,000.00 \$750,000.00 \$652,000.00 \$725,000.00 \$475,000.00 \$537,000.00 \$435,000.00 \$317,500.00 \$555,000.00 \$535,000.00 \$682,000.00 \$625,000.00 \$599,000.00 \$800,000.00 \$875,000.00 \$739,000.00 \$310,000.00 \$650,000.00 \$505,000.00 \$527,500.00 \$601,000.00 \$301,000.00 \$780,000.00 \$536,000.00 \$453,000.00 \$452,500.00 \$600,000.00 \$490,000.00	77 Adams Street, Unit 605  84 Standish Road 151 Hancock Street, Unit 15 39 Hall Place 52 Edison Street 94 Newbury Avenue, Unit 200 465 Quincy Shore Drive  57 Quincy Shore Drive, Unit 408 27 Westford Street 165-185 Quincy Shore Dr., Unit B86 17 Copley Street 322 Elmwood Avenue 25 Morley Road 30 Larry Street 24 South Street, Unit 102 213-215 Washington Street 500 Washington Street, Unit 508 75 Clement Terrace 94 Newbury Avenue, Unit 212 60 Summit Avenue 65 Hillside Avenue 2001 Marina Drive, Unit 608W 1001 Marina Drive, Unit 216E 20 Ashworth Road 1 Cityview Lane, Unit 315 815 Southern Artery 33 Phipps Street 66 South Bayfield Road 19 Victoria Road 60 Whitwell Street 42 Mill Street, Unit 4 240 South Central Avenue 135 Sumner Street, Unit 6 61-63 Ruggles Street 500 Willard Street, Unit 503 55 Warren Avenue 151 Hancock Street, Unit 2 11 Sampo Place 75 Exeter Street 133 Cmdr. Shea Blvd., Unit 707 12 Fowler Street 22 Farrell Street 73 Endicott Street 70 Babcock Street 6 Tilden Circle, Unit 1-5 1001 Marina Drive, Unit 206E

## O'Donnell Promotes On-Line Access To Registry Records During Pandemic

Norfolk County Register of Deeds William O'Donnell reminds county residents that even though the Registry of Deeds building is closed to the public due to the COVID-19 pandemic, all of the Registry's records are available for viewing online via the [www.norfolkdeeds.org](http://www.norfolkdeeds.org) website.

"Despite the constraints we continue to work under due to the COVID-19 pandemic, providing secure, accurate and accessible land record information remains central to our work here at the Norfolk County Registry of Deeds," O'Donnell said. "We also have a customer service center staffed

with professionals who have been trained to answer any of your land document related questions. They can be reached at 781-461-6101, Monday through Friday between the hours of 8:30 a.m. to 4:30 p.m."

Elaborating on the Registry's research capabilities, O'Donnell noted, "By utilizing our website [www.norfolkdeeds.org](http://www.norfolkdeeds.org), users are able to research land record information online by

multiple options, including the name of the property owner and property address. Members of the public can access our internet-based document research system for many endeavors such as determining property ownership, reviewing land plans (only plans which are recorded at the Registry) and also determining that documents affecting an individual or family's property, such as mortgage discharges,

have been recorded. Users can also print non-certified copies of documents and plans free of charge."

The Registry's website also provides information on how to obtain certified copies of land documents. The Registry's certified copy charges are \$1 per page plus an additional \$1 per document for postage.

"During the ongoing COVID-19 pandemic, the Norfolk County Registry of Deeds has remained operational," O'Donnell said. "Land documents have been recorded allowing buyers and sellers of Norfolk County real estate to complete their transactions, and users have been able to reap the benefits of historically low interest rates. The net result has been the Norfolk County real estate market

remaining viable which has benefited users, real estate brokers and agents, lending institutions, legal firms, title companies and many others. None of this would have been possible here in Norfolk County without a state-of-the-art computer system that is available for use by individuals, businesses and real estate professionals alike. The Registry website [www.norfolkdeeds.org](http://www.norfolkdeeds.org) does all that by bringing the Registry land document records into your homes and businesses."

To learn more about these and other Registry of Deeds events and initiatives like us at [facebook.com/NorfolkDeeds](https://facebook.com/NorfolkDeeds) or follow us on [twitter.com/NorfolkDeeds](https://twitter.com/NorfolkDeeds) and [instagram.com/NorfolkDeeds](https://instagram.com/NorfolkDeeds).

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WENDY ADAMS

## Artist's Showcase: Wendy Adams

Wendy has been making art as long as she can remember. When she was very young she begged her parents for a camera for Christmas. At seven she was given a Polaroid Land Camera, she still has the first picture she ever took. A photo of her father and older brother in front of their house on Christmas day - right here in Quincy. She knows it was her first picture because she wrote right

on it "My first picture."

She has seen life through a lens ever since.

Wendy went to the Art Institute of Boston and received her Bachelor of Fine Arts in Photography in 1990. At the time, her main focus was fashion and portrait commercial work. She loved working in the darkroom and often misses it, especially when it comes to black and white. However she says that she very much

enjoys the world of digital photography. It is always changing and there is so much to learn.

She loves to do landscapes; It's extra fun to travel to new places and try to capture its essence as best she can in a photo. Her all time favorite is shooting the night sky, but living in Quincy makes that pretty limiting. She is also addicted to the ocean, so much of her work includes ocean, boats, lighthouses and waves.

Wendy also loves doing portrait work. Just like when she was in college,

she enjoys the challenge of giving each subject a unique and amazing portrait they will love for years to come. She photographs, newborns, babies, families, couples, seniors, pets; you name it! Her favorites are currently dancers and cosplay. She feels it gives her the opportunity to be that much more creative, although she tries to bring creativity to all of her work.

Wendy has been influenced by all art and art

forms. As far as photography: Richard Avedon, Dorothea Lange, Irving Penn, Herb Ritts to name just a few of many. She is also greatly inspired by art in all its forms. She feels very inspired by the many artists she sees and meets in person and on social media every day.

She is a member of both the South Shore Camera Club and the Quincy Art Association. She has met so many artists through both

that inspire her daily. What would the world be without art? Wendy says that the world is such a beautiful place and she loves capturing that beauty with her lens.

To see more examples of Wendy's work visit her webpage [www.WendyAdamsFineArtPhotography.com](http://www.WendyAdamsFineArtPhotography.com). Or visit her Instagrams @Wendypics6 for landscapes, @WendyAdamsFineArtPhotography for portrait work.



"LIGHT UP THE SKY" by artist/photographer Wendy Adams.

## Live Online: Music History With Professor Case - Party Music

Join Wheaton College music professor Del Case as he returns to Thomas Crane Library with a new music history series.

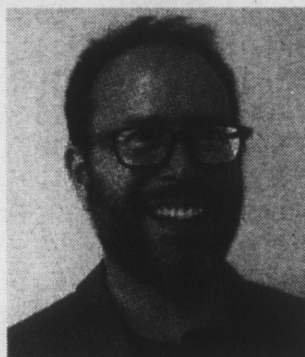
The second of four will be held online at 7 p.m. Wednesday, Aug. 12, and he'll be discussing party music. Learn the history behind some of your favorite pieces of popular music. Where did they come from? What made them stand out? How have they influenced music since?

Future weeks' topics are:

Aug. 19: Love Songs

Aug. 26: Dance Music

Case is also music director of The Great Woods Symphony Orchestra and great friend of the library. His programs are made



DEL CASE

possible by the Friends of Thomas Crane Public Library.

Join on Zoom (meeting ID 849 8955 9180). Use the free Zoom app. Call (646) 558-8656 and use the same meeting ID to listen to the audio. You may also view the program live the library's YouTube channel and Facebook page.

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## Seven Quincy Students On RW Dean's List

Seven students from Quincy have been named to the Dean's List for the spring semester at Roger Williams University in Bristol, R.I.

They are:

Leila Dumas Hovey, Jared Grier, Sinead Hanley, Shauna McColgan, Xavier Molina of Quincy, Tiara Osgood and Grace Scuzzarella.

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# Welcome to QUINCY COLLEGE



## A Message from President DeCristofaro

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At Quincy College, you will find courses taught by dedicated and caring faculty, and academic programs that lead directly to the workforce or transfer to a four-year institution.

Our academic advisors will help you identify your goals and choose a path that reflects your unique talents and skills. Whoever you are — we can get you where you need to be. We're looking forward to the future at Quincy College, and we invite you to be part of it. Thank you, and see you soon.

*Richard DeCristofaro, Ed.D*  
*Quincy College President*

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## Makeover For NQHS 'Yakoo' Mascot

Cont'd From Page 1

mascot will have a new look



inspired by the soldiers who fought in the Revolutionary War and will no longer use Native American imagery.

Koch said it would be up to the administration at North Quincy High School to determine how long the transition to the new image would take and whether the school keeps its team name, the Raiders, or switches to a something else, such as the Patriots.

Robert Shaw, North's

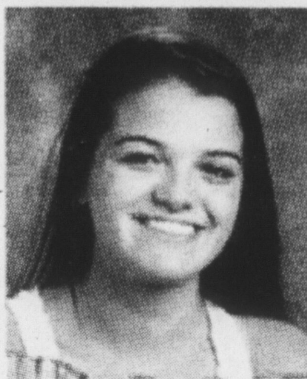
principal, on Tuesday said the process of picking the team name would likely begin once the new school year starts. Current staff and students will be asked to come up with potential new names and then vote for one.

"I will throw that to staff and students. We will solicit team names and put it out for a vote," Shaw said in a phone interview. "That will be a good conversation."

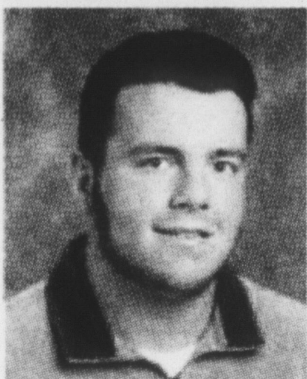
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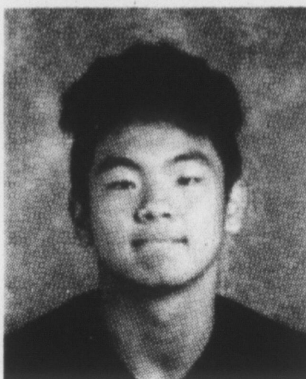
ASHLEY CALDWELL



ALEXA RADZIK



MICHAEL LEVINE



JACKSON ZHAO

## NQHS Football Alumni Award \$2,000 Scholarships To 4 NQHS Student-Athletes

By COLIN RILEY

North Quincy High School Football Alumni awarded \$2,000 NQHS Alumni Scholarships recently to four outstanding student-athletes.

Class of 2020 graduates Ashley Caldwell and Alexa Radzik received the NQHS Alumni Student Athlete Scholarships and Michael Levine and Jackson Zhao received the NQHS Alumni Football Scholarships. These awards are funded by sponsors and participants in the annual NQHS Football Alumni Golf Tournament held each year in late June at Hyannis Golf Course

on Cape Cod. This year's tournament was to be the 26th annual outing. It was canceled because of the pandemic, but will be held again in June 2021.

2020 Scholarship Recipients are:

**Ashley Caldwell**, esteemed as a true leader, served as president of her class all four years of high school, and was a valued member of the SADD and Student Mentoring programs. For three years she read the morning announcements, cheerily welcoming and informing her classmates every day. Caldwell wore NQ uniforms in bas-

ketball, volleyball, and softball for four years. She captained the softball team in both junior and senior years, and was captain of the basketball and volleyball teams her senior year. She attended Beechwood Knoll Elementary and Central Middle before coming to NQHS, and is planning to attend Eastern Nazarene College and major in early childhood education.

**Alexa Radzik**, a caring and devoted teammate, played basketball and volleyball for four years and softball for three years for the Raiders. She has worked as a teacher's aide and teacher's assistant at two daycare facilities in Quincy, attaining Pre-School Certification. She's earned the respect of peers and teachers with her kind demeanor and easy-going personality. Radzik also attended Beechwood Knoll Elementary and Central Middle before coming to NQHS, and is planning to attend Merrimack College and major in human development.

**Michael Levine**, a respected leader, has been a role model and mentor to younger students and teammates in the proud NQ tradition. Crowned Homecoming King this year, he was captain of the football team, played on the baseball team and served as treasurer of the student council. He was a senior mentor and part of SADD and the Interact Club. Levine also attended Beechwood Knoll Elementary and Central Middle before coming to NQHS, and plans on attending the Massachusetts Maritime Academy and major in marine safety, science, and environmental protection.

Jackson Zhao, a tal-

ented athlete and scholar, played football for the Raiders for four years, serving as captain his junior and senior years, and basketball for three years. He was an integral member of ROTC all four years, devoting countless hours to community service and leadership. He helped youngsters develop their sportsmanship and athletic abilities in the summer months as a playground leader for the City of Quincy's Recreation Department. Zhao attended Montclair Elementary and Atlantic Middle before coming to NQHS, and plans to attend the University of Wisconsin's flagship campus in Madison to study computer science.

Caldwell, Radzik, Levine and Zhao's athletic and academic success exemplifies the NQHS legacy of hard work on the field of play and in the classroom. It's a proud tradition and is the purpose and motivation that led to the scholarships being established.

Also, each year the NQHS football alumni golf tournament recognizes a deserving individual to honor, and this year's honoree, John 'Jake' Kennedy, who grew up on Barham Avenue in Montclair, is truly deserving for his and his family's selfless charitable work with Christmas in the City. Jake's fighting ALS, and his friends have set up a GoFundMe page to support him. For more information visit: <https://www.gofundme.com/f/jake-kennedy-he-needs-our-help-now>.

For information on next year's NQHS Football Alumni Golf Tournament at Hyannis Golf Course, email Sue Stamos at [justpeace1@nqhs.com](mailto:justpeace1@nqhs.com)

## COVID Impact: Koch Aims To Avoid Layoffs

Cont'd From Page 1

and hotel tax revenues have taken a hit because of the pandemic, but Quincy is less reliant on those two revenue streams than other communities in the state.

"On the revenue side, it has clearly impacted the meals tax and the hotel tax. Those are the two obvious ones," Koch said.

"The property tax is still strong. We're one of those communities that is heavily dependent on the property tax. This is a time when that's a good thing — places like the Cape are getting killed because they depend so much on the meals and on the hotel tax."

Because people can only hold off on buying a new vehicle for so long, Koch said he is less concerned about excise tax revenue.

"Even if somebody puts off the purchase of a new car for a few months, they can only put that off for so long, so you do catch up on the excise tax," he said. "I'm not as concerned about that one."

The mayor added that he is more concerned about the budget for fiscal year 2022, which begins in July 2021, than he is about this fiscal year's budget.

"I'm a little more concerned about next year's budget than this year's, because who knows where this is going. For example, if the hotels don't open up for another year and we go backwards on the restaurants, then that stuff really starts to hurt," he said.

When he introduced the budget earlier in the spring, Koch said he would do everything he could to avoid raising property taxes next year. He said recently, however, that market factors could make doing so more difficult.

"Real estate values are still going up. There was great concern about the real estate market collapsing, well people are still bidding on houses in the city. There is not a lot of inventory. Everyone gets more than what they ask for. That is having an impact on what the values are," Koch said.

"I'm doing everything I can to control the increase in the property tax, but there are certain market conditions that I can't dictate."

Koch is hopeful he can avoid layoffs of municipal employees this fiscal year and has brought the issue up as part of contract negotiations with the various unions who represent city workers.

"I don't want to add to the problem in the economy. We made a decision early on, at least for the spring, we're not going to do layoffs. I'm asking all the unions this year to take a zero percent increase and I have indicated I am not going to layoff as part of that agreement," Koch said.

"Now, if all hell breaks loose here and this thing gets real bad, who knows? I can't predict all of that."

The number of confirmed COVID-19 cases in the city

rose to 1,435 on Monday, up from 1,384 one week prior. The death toll as of Monday was 135, with no new fatalities reported over the past week.

Of the total cases, 1,186 have recovered and 62 were active. There were as few as eight active cases in early July.

Koch, in the interview July 29, said he was concerned about the recent uptick in cases but not yet ready to push the panic button. An increase in cases had been expected as the state progresses through its re-opening plan, he said.

"I did expect, once we opened up to the next phase, we would probably see a little bit of an uptick," the mayor stated. "I'm a little concerned but I'm not panicked yet, because, with the increase of what you're allowed to do in the next level of phasing, there is a potential obviously for more spread. And...it's that time of year for cookouts and beach parties and all that stuff."

Residents have, for the most part, been taking the steps they need to take in order to slow the spread of the coronavirus, Koch added.

"We've learned from the guidelines — masks, frequent handwashing, hand sanitizer, all those kinds of things. I certainly observe more people doing that. When I'm out and about, I see people with masks on, but clearly not everybody is doing that because we're ticking up again," the mayor said.

He also re-iterated the importance of staying home if you feel sick. A parent attend Quincy High School's 10 a.m. graduation ceremony on July 25 while sick, Koch noted, and later tested positive for COVID-19.

"People need to be smart and think about everybody around them. For somebody to come to graduation sick and knowing they were sick is just appalling to me," he said. "It's one thing if you are carrying it and you don't know it. It's another thing if you're sick. Why would you even take the chance and put anyone else's life in jeopardy?"

The mayor noted many of the recent new cases have been individuals in their 20s who might not be concerned about the coronavirus but can nonetheless spread it to others who might be at a greater risk.

"The younger people have no fear. A lot of the cases that we have that are active now are kids in their 20s. They're probably going to be fine, it's like a cold for them, but it's how it is transmitted," Koch said.

"People's Choice Award."

- Pat Whitley WRKO 680AM

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2020



# Koch: No Way To Pull Off In-Person Learning

Cont'd From Page 11

ing requirement of three feet when coupled with other requirements, such as mandatory masks for staff and all students in grades two and up.

The mayor said re-opening schools with three feet of distancing would be more doable but does not believe it would be acceptable based on feedback he has received from the school community.

In addition, Koch said it would be difficult to enforce the state guidance, like the requirement that students wear masks at all times.

"Kids are kids," he said. "This is going to be a very, very challenging situation to follow those guidelines to the nth degree."

While school-age children are not typically affected by COVID-19 and less likely to contract and spread the disease than they

are other illnesses like the flu, Koch said there is concern for the staff inside the buildings.

"Obviously, we are concerned about our staff. You have older folks who may have health conditions that are susceptible, whether it is a cafeteria worker, a custodian, a teacher, a paraprofessional - whatever the position they may hold," he said. "Those will have to be looked at."

Koch said he has a good working relationship with the local teachers' union, the Quincy Education Association, and its president, Allison Cox, but is concerned the Massachusetts Teachers Association or national unions could politicize re-opening schools.

"We have a good relationship with the QEA. The leadership - Allison Cox and the team - have been

excellent to work with," Koch said. "I'm also well aware that the statewide organization, the MTA, and the national group are really taking this to another level politically in my view. They are looking for job actions and things."

"I am always confident in dealing with the local leadership. I just don't know how much statewide, how political it will become. The kids shouldn't be caught in a situation like that."

"I think everybody agrees we want everybody to be safe - staff and kids alike."

The city is contemplating hiring licensed teachers as substitutes in case teachers become ill or otherwise need to take time off and could use federal stimulus funds for that purpose. Koch said he and interim superintendent Kevin Mulvey have

been discussing the concept of doing so.

"I've been in discussions with Superintendent Mulvey about should we add some teachers now in the roles with the anticipation that we are going to lose some bodies," Koch said.

"We use substitutes on a regular basis, but subs filling in a class here or there or a day here and there is one thing, but if you lose a teacher in a subject matter for an extended period of time, then you want to have a certified teacher in that subject matter to be able to fill in."

"We're trying to figure this all out, because, at the end of the day, if you end up with it completely virtual, you won't need all those teachers. It's like, what do we do?"

The city is also in the process of purchasing 7,000

Chromebooks for all students in grades five and up and 1,000 laptops for all teachers. The city will do so using \$3.1 million in federal money.

Koch said he does not expect to receive those computers before the start of the school year, because the demand for them has spiked nationwide.

"Every school district in the country is ordering them, so there is a backlog," he said. "We have our order in. They can't guarantee anything. It certainly won't be the day the school opens."

The mayor first floated the idea of purchasing the computers for students and staff last fall when remote learning began.

"We felt if you have two or three kids at home from school and there is one computer in the house, what do you do?" he said. "Kids are fighting over the same com-

puter. Mom has got to use it for work."

The school system did lend about 1,000 laptops to students last spring. Koch said the schools could do so again in the fall until the new computers arrive.

"We had those on hand that we put out on loan last spring if people didn't have anything in the house," he said. "We can still do that at the outset if we need to."

The city has also used the federal funds to purchase masks and other personal protective equipment for students and staff.

"We've ordered the laptops. We've ordered the Chromebooks. We have all the PPE in. We have all the cleaning materials in. We've got tens of thousands of masks," Koch said. "We're doing everything we're supposed to be doing in preparation for starting, whenever that will be, however it will be."

## 3 Finalists For School Supt. Search

Cont'd From Page 1

ness engagement and innovation at Everett High School; Jahmal Mosley, superintendent of the Nashua, N.H., school system; and Kevin Mulvey, the interim superintendent in Quincy.

The School Committee was set to interview Easy on Tuesday. The committee will meet with Mulvey on Tuesday, Aug. 11; and Mosley on Thursday, Aug. 13. Each of those interviews will begin at 6 p.m. and will be open to the public.

The committee will then convene on Friday, Aug. 14, to select the new superintendent.

Easy has held his current position at Everett High School, his alma mater, since July 2019. He spent the two prior years at Everett City Hall as the city's director of organizational assessment. Easy had been the vice principal of student services at Everett High School from 2012 to 2016 and the executive director of the parent information center during the 2016-17 school year. He was also a Spanish teacher at EHS in the 2007-8 school year.

Easy attended Pennsylvania State University, where he was a fullback on the football team. He was drafted in the fourth round of the 2002 NFL draft and played for both the Kansas City Chiefs and Oakland Raiders. He later worked at Penn State in various roles within the athletic department and was the football team's director of player development from May 2011 to June 2012 before returning to Everett.

Easy holds a bachelor's

degree in broadcast journalism, a master's in education administration and a Ph.D. in educational leadership and legal studies from Penn State as well as an MBA from the University of Phoenix.

Mosley has served as the superintendent in Nashua since July 2017. He was previously the assistant superintendent for curriculum and administration for the Sharon Public Schools from 2014 to 2017 and had been the principal of Somerset Berkley Regional High School from 2011 to 2014.

From 2006 to 2011, Mosley was a house principal at Brattleboro Union High School in Vermont. He had been an assistant middle school principal in Newton from 2004 to 2006 and a middle school housemaster in Middleboro the prior two years. Mosley began his career as a special education teacher in Cambridge and then in Worcester.

Mosley holds a bachelor's degree from the University of Massachusetts Amherst with a concentration in African-American history and psychology. He holds a master's degree in education from Wheelock College and a doctorate in education from UMass Amherst with a concentration in education administration, policy and research.

Mulvey has served as the interim superintendent of Quincy schools since June and has been the deputy

superintendent since July 2013. He joined the school department as its director of human resources and business operations in 2008. Mulvey had served on the School Committee for two years prior to joining the school department.

Mulvey attended Suffolk University, where he earned a bachelor's degree in history and English and later a juris doctor. While in law school, Mulvey clerked for the U.S. Attorney's Office in Boston. He later worked as a prosecutor in Suffolk County and then Norfolk County in addition to time spent in private practice and at the Committee For Public Counsel Services.

Mulvey was the president of Maria Droste Counseling Services in Quincy from January 2006 to January 2016. He also co-founded the John J. Mulvey, Sr., Charity Organization in 1994.

The school system is looking for a new superintendent for the first time in two decades. Richard DeCristofaro, the superintendent since 2001, left that position in June to become the president of Quincy College.

Twenty candidates applied for the open position. A 13-person search committee narrowed the field of applicants down to eight semifinalists who the search committee interviewed behind closed doors. The search committee had been

tasked with picking three to six external candidates as finalists; internal applicants automatically qualified as finalists.

School board member Frank Santoro, who led the search committee, said there had been a fourth finalist chosen but that person withdrew their name from consideration.

To establish the selection criteria for the new superintendent, the School Committee partnered with the Massachusetts Association of School Committees to develop a leadership profile. Nearly 1,000 residents and other stakeholders responded to an online survey as part of that process, and 120 people participated in focus groups.

## RELIGION

### Quincy Point Church

On Sunday, Aug. 9, there will just be one service online at the Quincy Point Congregational Church YouTube Page at 10 a.m. Ron Grabke will be the soloist of the day.

The next two projected outdoor worship dates at QPCC are: Aug. 16 and Aug. 30. Outdoor worship is limited seating for 25 people on the Abbey Road, side lawn of the church. Reserve your spot at <http://quincypointcongregational.eventbrite.com>. (The Eventbrite reservation links are functional the Monday before worship.)

Note: on Aug. 16 the

church will also be collecting non-perishable food items to be delivered to the food pantry at Interfaith Social Services.

Worship is also broadcast on Wednesdays at 6 p.m. on Quincy Access TV- Channel 8 or if you have a voice remote or smart TV, say, "Quincy Point Congregational Church on YouTube."

The Church Office will remain open, Monday through Friday from 9 a.m. to 2 p.m. Call or email if you have any concerns or questions. Feel free to visit the church on social media also on Facebook, Twitter and Instagram.

Quincy Access Television  
88 Washington Street  
Quincy, MA 02169



[www.qatv.org](http://www.qatv.org)  
617-376-1440  
617-376-1441



### Public Access Channel 8

Thursday, August 6  
5:00pm: Bethany Congregational Church  
7:00pm: NQHS Graduation

Friday, August 7  
11:30am: Currently in Quincy  
7:00pm: AM Quincy: John Paul, VAA

Saturday, August 8  
6:30pm: QHS Graduation (A-K)  
8:00pm: QHS Graduation (L-Z)

Sunday, August 9  
2pm: NQHS Graduation  
3:30pm: QHS Graduation (A-K)  
5:00pm: QHS Graduation (L-Z)

Monday, August 10  
11:30am: Currently in Quincy  
8:00pm: Salute to Seniors: Softball

Tuesday, August 11  
7:00pm: AM Quincy: Mayor Thomas Koch  
8:00pm: Congressional Candidates Town Hall

Wednesday, August 12  
5:00pm: Good News

### Government Access Channel 9

Thursday, August 6  
6:00pm: TCPL @Home: Ep. #2  
7:00pm: TCPL Presents: Cooking with Colin  
Veggie Burgers and Sausages  
8:30pm: At Your Library: August Happenings

Friday, August 7  
8:00am: MA House of Reps Full Formal Session  
H. 4879: Economic Development Bill 7/27  
7:00pm: QRD: TV Production Workshop 2005  
8:30pm: TCPL Presents: History of Women In Ireland

Saturday/Sunday, August 8/9  
8:00am: MA House of Reps Full Formal Session 7/28  
11:00am: At Your Library: August Happenings  
8:30pm: TCPL Presents: Phone Photography 101  
Editing and Improving Existing Photos

Monday, August 10  
8:30pm: TCPL Presents: Cooking with Colin  
Veggie Burgers and Sausages

Tuesday, August 11  
7:00pm: TCPL: Paul Agnew & the Capavella Quintet

Wednesday, August 12  
4:30pm: TCPL Presents: History of Women In Ireland

Programming is subject to change.

For a complete list of programs, please visit our website at [qatv.org](http://qatv.org)

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# SUN FUN PAGES

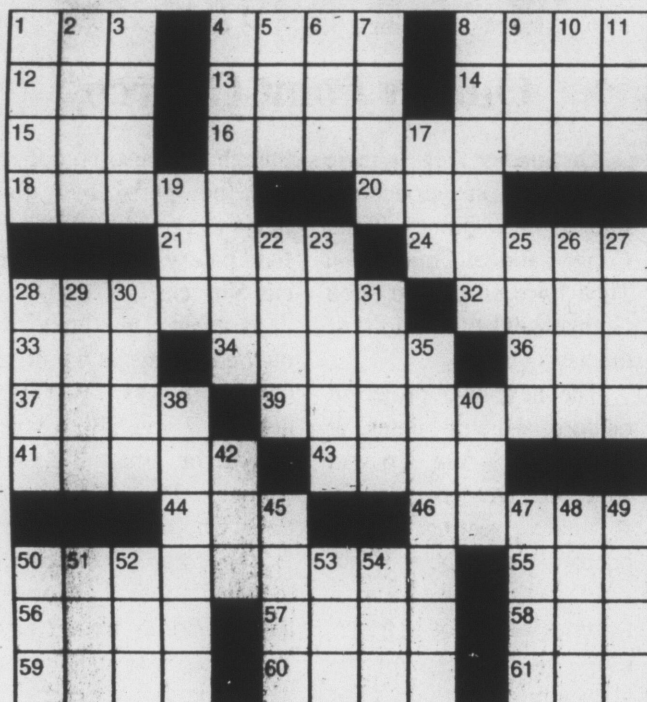
## King Crossword

### ACROSS

- 1 Autumn mo.  
4 "— Breckinridge"  
8 Drag along  
12 That girl  
13 Quite some time  
14 Shrek is one  
15 Remiss  
16 Flattery  
18 Eye-related  
20 Marry  
21 Hen pen  
24 Famous  
28 Flowering vine  
32 Clinton veep  
33 Standard  
34 Billow  
36 Watch chain  
37 Sister of Osiris  
39 Grump  
41 Eighth Greek letter  
43 Rip  
44 Historic period  
46 Healthy  
50 Dairy item
- 55 Aye opponent  
56 Heap  
57 Carte  
58 Conk out  
59 Choir member  
60 Vail gear  
61 On in years
- 25 Bean curd  
26 Cupid's alias  
27 Society newbies  
28 Skewer  
29 Laundry  
30 One of HOMES  
31 Chills and fever  
35 Dutch Renaissance scholar  
38 Audiophile's setup  
40 Expert  
42 Joan of —  
45 Weaponry  
47 Loosen  
48 Catch  
49 Changed the color  
50 Hot tub  
51 Painter's medium  
52 Last (Abbr.)  
53 "A mouse!"  
54 Blackbird

### DOWN

- 1 Norway's capital  
2 Fellow  
3 Libretto  
4 Team animals?  
5 Evergreen type  
6 Caviar, really  
7 From the start  
8 Frank  
9 — Khan  
10 Web address  
11 Albanian money  
17 Coffee break hour  
19 Lemieux milieu  
22 Piece of work  
23 1992 presidential candidate



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## MAGIC MAZE • FOUND IN A BARBER SHOP

HBYVTQOLIGDBYWT  
RPM TKIFDSBYWUSQ  
OMKEIFJRDSBZXWU  
SCSLEWOTQRONLJS  
HLFEDRKCAIYWVRB  
TISVRQEPNALKEIM  
H P H I L O S O P H Y T F E C  
CPMSROSSICSBZYC  
SENI ZAGAMOWUVUS  
RRTONICEPACQRPN  
MSENIHSEOHS LJBI

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: SCATTERED ON THE FLOOR

Brush	Combs	Philosophy	Television
Cape	Jokes	Posters	Tonic
Chairs	Magazines	Scissors	Towels
Clippers	Mirrors	Shoe shine	

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## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Golf club is missing. 2. Golf club is missing. 3. Cloud has moved. 4. Boy's hair is different. 5. Shrub is gone. 6. Hat is different.

## Trivia test

by Fifi Rodriguez

1. GEOGRAPHY: What is the capital of Hungary?
2. MOVIES: What is the name of the necklace given to Rose in the movie "Titanic"?
3. TELEVISION: Which TV comedy led to a spinoff series called "The Andy Griffith Show"?
4. HISTORY: The Motion Picture Association of America established modern movie ratings in which year?
5. ADVERTISING: What is the name of the rooster in the Kellogg's Cornflakes advertisements?
6. MEASUREMENTS: How many gills are in a pint?
7. FOOD & DRINK: What is spumoni?
8. LITERATURE: Which 20th-century poet once wrote, "August rain: the best of the summer gone, and the new fall not yet born. The odd uneven time"?
9. BIBLE: How many times did Noah send a dove from the Ark to seek land?
10. ANATOMY: What is a common name for the clavicle?

### Answers

1. Budapest
2. The Heart of the Ocean
3. "The Danny Thomas Show"
4. 1968
5. Cornelius
6. Four
7. A layered Italian ice-cream dessert
8. Sylvia Plath
9. Three
10. Collar bone

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## Wishing Well

4 6 5 2 4 8 6 4 6 4 6 8 3  
R S M A E I P S R O E N G  
6 2 8 4 7 3 6 2 5 2 3 8 7  
A D C U A I D A A Y V O W  
8 4 3 8 5 6 7 5 6 8 4 5 4  
M R E E K L O E O A C S E  
8 2 8 3 6 2 7 8 5 4 8 5 7  
U F G I V O R M M F E A K  
4 8 5 3 8 3 5 4 2 5 3 5 3  
U N R T T Y T L R C O H U  
5 7 4 7 4 8 4 5 4 2 5 6 2  
O O N F E E S I S F C E U  
7 8 7 5 2 3 7 3 7 3 5 3 3  
L D O E N R V B E E S S T

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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## Salome's Stars

**ARIES** (March 21 to April 19) Avoid adding to the tension around you. Even a well-meant reaction against something you perceive as unfair could be misunderstood. Let things calm down, and then talk about it. **TAURUS** (April 20 to May 20) It's a good time for romance for unattached Boves, and a good time for reinforcing the bonds between partners. Children's needs are important during the latter part of the week.

**GEMINI** (May 21 to June 20) A compliment from a surprising source sends you wafting way up into the clouds, where -- sorry to say -- your view of what's going on is obscured. Come on down and face some reality. **CANCER** (June 21 to July 22) Even a family-loving person like you sometimes can feel you're at the end of the line with contentious kinfolk. But things can work out. Remember that it's better to talk than walk.

**LEO** (July 23 to August 22) A job-related move might hold more positive surprises than you'd expected. Go into it with confidence, and look for all the advantages it offers. Then decide what you'll do with what you find. **VIRGO** (August 23 to September 22) Driving yourself too hard to get something done on a deadline you set up can backfire. Ease into a more realistic finish date, and add more breaks to your work schedule.

**LIBRA** (September 23 to October 22) Your sense of humor can brighten any dark period, and your laughter can dispel those gray clouds swirling around you. The weekend presents a surprising but welcome change.

**SCORPIO** (October 23 to November 21) Be careful about the words you use, especially in touchy situations. The old Chinese saying that the spoken word is silver, but the unspoken gold could well apply here.

**SAGITTARIUS** (November 22 to December 21) Some facts could emerge to shed light on unresolved past problems. What you learn also might help explain why a once-warm relationship suddenly cooled down.

**CAPRICORN** (December 22 to January 19) Don't let your pride get in the way of checking into what could be a great new opportunity. Get the facts first, and worry about procedure and protocol later.

**AQUARIUS** (January 20 to February 18) A health problem in the family might have other relatives assuming that, as before, you'll take over the health-care duties. Surprise them and insist they share in the caretaking. **PISCES** (February 19 to March 20) A series of changes can be unsettling, but in the long run, it can pay off with new perspectives on what you plan to do. Keep your mind open to the possibilities that might well lie ahead.

**BORN THIS WEEK:** You might be under a "royal" sign, but you have a wonderful way of embracing everyone as an equal.

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## CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: T equals G

NANDY DXRT GXRGPARNRT Z MPBBXO

QYX ZBQZID DENBPD QZAEBI:

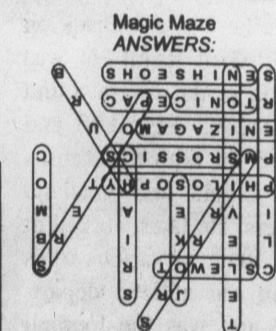
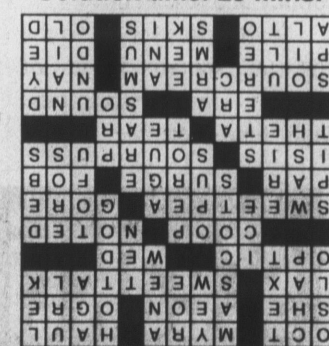
"HYP QPZANRT XM HYP TANR."

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## King Crossword

Answers

Solution time: 25 mins.



### Magic Maze ANSWERS:



### CryptoQuip answer

"The Wearing of the Gown," a Irish song concerning a fellow who always smiles warmly.

AUG

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# HOLLYWOOD

by Tony Rizzo

**HOLLYWOOD** -- Brad Pitt, best supporting actor Oscar winner for "Once Upon a Time in Hollywood," has finally chosen his next acting project. It's the action/thriller "Bullet Train," about five assassins on a fast-moving train with only one stop from Tokyo to Morioka. The assassins discover their missions are related. Who will make it off the train, and what's waiting for them at the next station? Pitt and his ex-wife Jennifer Aniston are obviously good "friends" again. Reportedly, after going to a protest (over George Floyd's death), Brad visited Jennifer at her home the next day. When he learned she had donated \$1 million to Color of Change, he decided to match her \$1 million donation. Now that's togetherness.

\*\*\*  
Kristen Stewart, best known as Bella in "The Twilight Saga," is taking on the persona of Princess Diana in "Spencer" (her maiden name). It will shoot early next year and follow Diana's life over one of her final Christmas holidays at The House of Windsor in the Sandringham Estate. The minute the project was announced it was pre-sold to distributors all over the world.

\*\*\*  
In 1953, Disney spent \$4 million to make the animated film "Peter Pan," which grossed \$87 million and is considered a classic. In 1991, TriStar made the live-action film "Hook," with Robin Williams as Peter Pan and Julia Roberts as

Tinker Bell, for \$70 million. It grossed \$300 million. In 2015, Warners got panned for making "Pan," with Hugh Jackman as Captain Hook and Garrett Hedlund as Peter Pan. It cost \$150 million and grossed only \$128 million. Undaunted, Disney, now looking for projects for Disney+, has announced it will make "Pan & Wendy," with 12-year-old British schoolboy Alexander Molony and 12-year-old Ever Anderson, daughter of Milla Jovovich and director Paul Anderson (who were star and director of "Resident Evil: The Final Chapter," in which Ever played young Alicia). Hedging its bet, Disney has added Jude Law to play Captain Hook, for star power.

\*\*\*  
Amazon is going first class all the way with the "Lucy & Desi" biopic. It's cast two-time Oscar-winning actress Cate Blanchett to play Lucy, and the screenplay was written by best adapted screenplay Oscar-winner (for "The Social Network") and five-time Emmy Award winner (for "The West Wing") Aaron Sorkin. To add even more credibility to the project, it's being produced by, among others, Lucy and Desi's children, Lucie Arnaz Luckinbill and Desi Arnaz, Jr. It follows the 20-year marriage of Lucille Ball and Desi Arnaz. The search is on for actors to play Desi, Fred and Ethel. Tough casting, we all love Lucy, but we love "I Love Lucy" more!

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## GO FIGURE!

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: \*\*

\* Moderate \*\* Difficult \*\*\* GO FIGURE!

	x		-		20
+		÷		x	
	x		+		7
x		x		+	
	x		-		14
20		15		13	

1 2 3 3 4 5 6 7 9

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## KOVELS' Antiques & Collecting

By Terry and Kim Kovel

**Tripod Table** --- Sometimes it is difficult to understand antique furniture that has outlived its usefulness, like a linen press or a Hoosier cabinet. People younger than 50 years old probably wouldn't recognize a telephone stand, an ice box or a milk chute. Even more confusing is a round table that was called a wine tasting table in the 1960s, but was probably never used when tasting wine. The table has a round or oval top with a hinge mechanism underneath that can be released to tilt the top to a screen position. There are circular depressions carved in the top to "keep the wine bottle secure," according to an old dictionary. But the depressions are two or three times the size of a wine bottle's base. Now, the tilt-top table with depressions is known to be a breakfast, supper, tea or dessert table that held plates, cups, saucers and food for a meal. People ate alone then, not at a family breakfast table. The top was 1 to 5 feet in diameter. A 19th-century George III-style table with recessed sections was auctioned recently at New Orleans Auction Gallery. It was 3 feet in diameter and had nine recessed circles. Listed as a tripod table (three-part leg) with a floriform top, it was estimated at \$1,200 to \$1,800.

\*\*\*  
**Q: I have a four-eyed drunken sailor bottle opener that I first saw about 1960. It was screwed to the wall of my grandparent's garage. It's made of cast iron but there's no paint left on it. It's a face with a bald head, four eyes, a handlebar mustache and an open mouth with protruding teeth that are the bottle opener. I can't find**

one exactly like it.

**A:** This novelty bottle opener has been made for years and newer ones are easy to find. Some claim to be made in the original British molds from about 1900. Many copies have been made since then and they are still being made. New ones sell for \$15-\$20. Old ones are about \$25 with good paint. It isn't possible to estimate the value of your bottle opener since you said it's not like the common version, but it wouldn't be worth much since the paint is worn off.

\*\*\*

### CURRENT PRICES

Child's chair, wood, painted, bellflowers, red ground, yellow & black trim, shaped crest & splat, Penn., c. 1885, 19 1/4 inches, \$70. Satsuma vase, gilt, chrysanthemums, orange, green, white highlights, high shoulder, short neck, 8 1/2 inches, \$160. Cloisonne teapot, cobalt blue, flowers, vases, tea-cups, potted tree, hexagonal, bail handle, 8 1/2 inches, \$260. Sampler, verse, "Lord of the lower world," leaves, butterflies, Adam, Eve, 20 1/2 inches, \$420.

\*\*\*  
**TIP:** Don't put a decorative runner or vase on your wooden table if it is in sunlight. Eventually the finish will fade around the ornaments and leave a shadow of the items on the wood.

For more collecting news, tips and resources, visit [www.Kovels.com](http://www.Kovels.com)

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## Strange BUT TRUE

\* Sociologists have discovered an interesting correlation between economic health and women's clothing: The worse the economy, the longer women's skirts become, while the better the economy, the shorter they rise.  
\* Coca-Cola owns all website URLs that can be read as ahh, up to 62 h's.  
\* The world's shortest escalator is the one in the basement of the More's Department Store in the city of Kawasaki, Japan. It's 33 inches tall and has only five steps.  
\* Realizing that surgical antiseptics were marketable to just a small group of professionals, the makers of Listerine began to market the product as a floor cleaner -- as well as a cure for gonorrhea. While we won't necessarily vouch for the latter, in a pinch, just add a capful for every gallon of water and mop away. Other uses include dandruff elimination, deodorant, a numbing

agent for toothache pain and tick removal.

\* The famous Battle of Hastings didn't take place in Hastings, but a town seven miles away, today called Battle.

\* A 1938 issue of "Mado-moiselle" magazine had a handy bit of advice for college gals seeking suitors: have your mom send you some flowers to trick all the boys into thinking they have competition. No word on whether it worked.

\* Ferdinand Demara, aka "The Great Impostor," posed as a surgeon aboard a Navy destroyer in the Korean War, where he was forced to operate on 16 people: He proceeded to speed-read a textbook on general surgery and was able to successfully perform all the operations without losing a single patient.

\*\*\*

**Thought for the Day:** "Wisdom is the reward you get for a lifetime of listening when you would rather have talked." -- Mark Twain

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## Now here's a tip!

by Jo Ann Derson

\* "Technology is going to be a significant part of our back to school strategy. So, this year, we made sure we have extra chargers and headphones, plus set up a charging station for all school items. We are doing everything we can to be prepared!" -- M.K. in Louisiana  
\* Double crust pies should be cooked on the bottom rack. This will ensure the pie is cooked from the bottom and the top crust will not overbrown.  
\* Cane-bottom chairs feeling a little bit loose? You can tighten the cane by taking them outdoors, thoroughly wetting the seat from the underside with hot water, then letting them dry in the full sun. The drying process can shrink the cane, causing it to tighten.  
\* "I recently inherited a beautiful cedar chest from my grandmother, who is

downsizing. To freshen the smell of cedar, we lightly sanded the interior and buffed out the dust with a rag that we put a little cedar oil on. It's totally renewed and ready for all my heirloom quilts!" -- T.F. in South Carolina

\* Use a bit of shaving cream to spot clean a carpet. The "soap" is easily controlled and doesn't spread unless you make it spread. Use a damp, clean sponge to rinse.

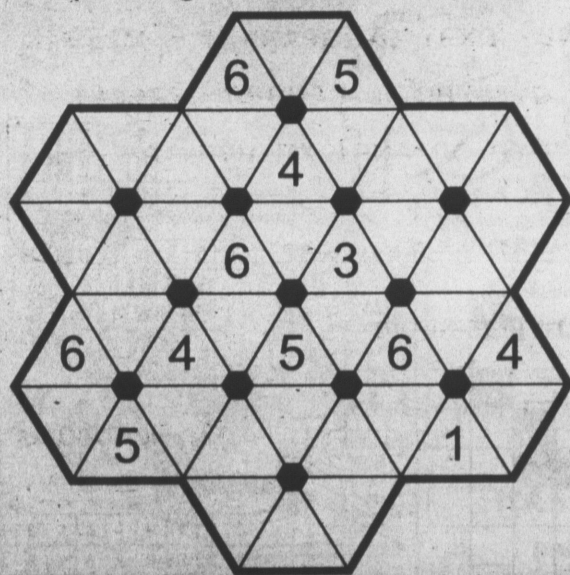
\* Things you can do with chunks of Styrofoam: Use them as filler in a large garden pot so that you don't need as much potting soil; create a stamp for a fun art project; set a square of thick foam into a small box and poke holes to hold a set of colored pencils upright.

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## SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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## STICKELERS

by Terry Stickels

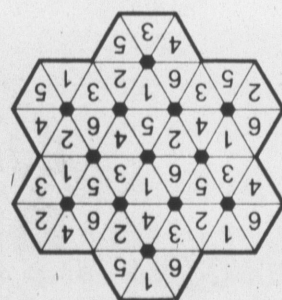
A boy was asked to find the value of 3/8 of a sum of money. Instead of multiplying the sum by 3/8, he divided it by 3/8. His answer exceeded what should have been the correct answer by 55.

What is the number?

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## SNOWFLAKES

solution



## Go Figure!

answers

13	15	20
4	x	4
14	6	x
+	x	x
7	3	2
+	1	+
x	÷	+
20	9	3

Stickelers Answer

x = 24  
55x = 1320  
64x - 9x = 1320  
8/3x - 3/8x = 24  
The answer is 24



# Super Crossword

APT ALPHABET  
SUBSET

## ACROSS

- 1 Inc. article subjs.
- 4 Pharmacy chain
- 7 "fair in love and war"
- 11 Luau guitar, informally
- 14 Actress Skye
- 18 Lure
- 20 Tournament sit-outs
- 21 Rebelled
- 23 "High gravity" lager brand
- 25 Questioning intensely
- 26 Tattered
- 27 Sasha
- 28 "Home to Nashville"
- 29 Place in a row
- 32 Actor/singer Gordon
- 34 Prefix with hazard
- 35 "The Good Body" playwright
- 37 "He played Uncle Leo on 'Seinfeld'"
- 42 Prefix with hazard
- 43 Deliberately disregarding

- 46 "That's —!" ("Not true!")
- 48 Source of some syrup
- 53 "Tense situations make them rise"
- 57 Kitchen cover-up
- 58 Not as hard
- 60 Noble's crown
- 61 "Horizontal supporting piece on a ship's lower mast"
- 64 First-class
- 65 Leaves off
- 66 Be nuts over
- 68 Woman's office outfit
- 73 "Actor who played Hercules in 1958"
- 79 At odds with
- 80 Biology slide specimen
- 82 Accord
- 83 "Unease"
- 85 Solidified
- 88 Asia's — Sea
- 89 Think up
- 91 Part of TMI
- 92 "Fitted forearm cover"

- 96 "Not even a single time"
- 102 — populi
- 103 Pluses
- 106 Strauss one-act opera
- 107 "Short-pile cotton fabric"
- 112 Instruments of angels
- 114 Left amazed
- 115 Push away
- 116 "The answers to the starred clues are all drawn from a certain set of them"
- 119 Troubadour relative
- 120 Busy as —
- 121 Live through
- 122 Cooped (up)
- 123 Cen. parts
- 124 Part of BMI
- 125 ER staffers
- 126 Census stat

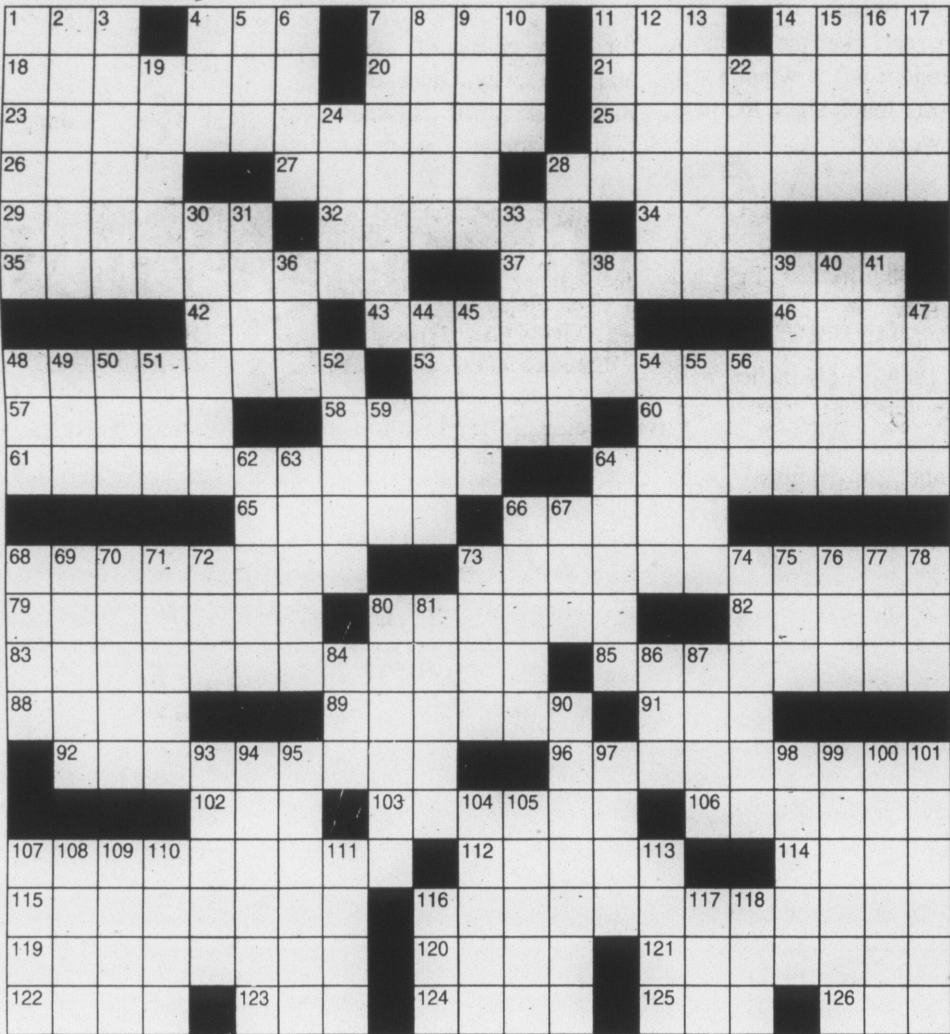
## DOWN

- 1 King's home
- 2 13th-century German king
- 3 "Tristram Shandy" novelist
- 4 "Silent" prez
- 5 Outdated TV hookup
- 6 Pipe part

- 7 Husband of Héloïse
- 8 Bit of a song's words
- 9 Actor Burton
- 10 Dir. opposite NNW
- 11 Push along
- 12 Corn piece
- 13 Show plainly
- 14 Misfortunes
- 15 Redding of R&B
- 16 Hawaiian state bird
- 17 Outer limit
- 19 Zellweger of films
- 22 Butter substitutes
- 24 Identical
- 28 Wobble
- 30 Not crooked
- 31 Omegas' preceders
- 33 Actress Woodard
- 36 Mauna —
- 38 Denials
- 39 Relish
- 40 Kagan of the court
- 41 Made angry
- 44 Snaky curves
- 45 End in — (finish evenly)
- 47 Punta del —, Uruguay

- 48 Gymnast's landing pad
- 49 Fourth mo.
- 50 Nuptial lead-in
- 51 — Alamos
- 52 — four (little cake)
- 54 Get points easily
- 55 One running
- 56 Unit of work
- 59 Gallery work
- 62 Scoundrel
- 63 Gives off
- 64 Actress Feldshuh
- 66 Nuclear trial, in brief
- 67 Cotillion star
- 68 Legal aide, for short
- 69 Golden — (retirees)
- 70 Like "m" and "n" sounds
- 71 Duke, e.g.
- 72 NBC hit since '75
- 73 Sammy of baseball
- 74 Author Welty
- 75 Suffix with phenyl
- 76 Actor Diesel
- 77 Summer, to the French
- 78 Pink Floyd's Barrett
- 80 Like Peru's peaks

- 81 Assembles
- 84 The "S" of RSVP
- 86 Off-road bike, in brief
- 87 Some deer
- 90 Filling dishes
- 93 Incident
- 94 Religious adherent
- 95 Phillips — Academy
- 97 U.S. Open ailer
- 98 Bring joy to
- 99 Oath takers
- 100 Come forth
- 101 Boston ball team
- 104 "Come Back, Little —"
- 105 Roof
- 107 Improvise jazz-style
- 108 Writer Wiesel
- 109 "Perfect Strangers" co-star Mark — Baker
- 110 Waistcoat
- 111 Twisting fish
- 113 Squalid district
- 116 U.S. "Uncle"
- 117 Outer limit
- 118 NFL stats



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## Celebrity extra

by Dana Jackson

**Q: Do you know if they're going to finish the final season of "Supernatural" on the CW network? -- A Reader, via email**

**A:** "Supernatural," starring Jensen Ackles and Jared Padalecki, was nearing the end of its run after 15 years on the CW network when the pandemic shut down production. There are seven episodes left, five of them having already been shot earlier this year. The plan is for those last seven episodes to air this fall before Padalecki starts filming his new series, "Walker," which is set to begin production in January.

This, of course, all depends on the pandemic. Soap operas like "The Bold and the Beautiful" and "General Hospital" have been among the first shows to re-emerge from the dark. Hopefully more prime-time projects also will begin filming scripts.

As for "Walker," it's a remake of the hit series "Walker, Texas Ranger," which aired from 1993 to 2001 and starred Chuck Norris, and it'll be part of the CW's lineup.

**Q: What happened to Lucy Lawless? I haven't seen her since she played**

"Xena." I loved that show. -- H.M.

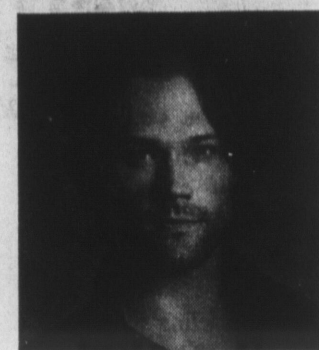
**A:** Lawless, who hails from New Zealand, is still acting. After the hit syndicated series "Xena: Warrior Princess" ended almost 20 years ago, Lawless guest starred on countless prime-time shows before landing regular roles on "Battlestar Galactica" from 2005-09 and "Spartacus" from 2010-12. She then tried her hand at comedy -- and succeeded -- with a recurring role as Ron Swanson's (Nick Offerman) wife on "Parks and Recreation."

Currently, you can catch her in the Aussie crime series "The Code," on the Ovation TV channel. Lawless plays schoolteacher Alex Wisham, whose students are involved in a car accident. Alex has footage on her phone of the crash and shares it with a journalist (Dan Spielman), which leads to terrifying consequences from some political bigshots.

If this sounds familiar, "The Code" originally aired on the Audience Network and on Acorn TV before debuting Aug. 1 on Ovation TV. For more information, visit [www.ovationtv.com/the-code](http://www.ovationtv.com/the-code).

\*\*\*

**Q: My wife and I just finished watching the entire series of "Breaking Bad." It is, without a doubt, the best drama series. Does the show's creator, Vince Gilligan, plan any additional episodes/seasons? -- J.D.**



Jared Padalecki

Photo credit: Frank Ockenfels III/The CW

**A:** "Breaking Bad" starred Bryan Cranston as Walter White, a high-school chemistry teacher who turns to crime, namely making meth, after being diagnosed with terminal cancer. It ended after five seasons on the AMC network, a wise decision by its creator, Gilligan, because it concluded while it was at its most brilliant with one of the best series finales ever.

Gilligan then created a prequel, "Better Call Saul," which will conclude with its sixth season sometime in 2021. While there are no more episodes of "Breaking Bad," Gilligan did gift fans with the Netflix movie "El Camino," which told what happened to Aaron Paul's character, Jesse, after that terrific "Breaking Bad" finale.

Send me your questions at [NewCelebrityExtra@gmail.com](mailto:NewCelebrityExtra@gmail.com), or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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## Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- |                      |         |                    |         |
|----------------------|---------|--------------------|---------|
| 1. Chicken broth     | ___ C _ | Baby-bringing bird | ___ R _ |
| 2. Fancy trinket     | ___ U _ | Utter gibberish    | ___ B _ |
| 3. Donald Duck's gal | ___ S _ | Every 24 hours     | ___ L _ |
| 4. Electrical fault  | ___ T _ | Coast              | ___ E _ |
| 5. Vocation          | ___ R _ | Tilt a ship        | ___ N _ |
| 6. Set of offspring  | ___ I _ | Alphabet member    | ___ E _ |
| 7. Composure         | ___ I _ | Sheriff's crew     | ___ S _ |
| 8. Actress Jodie     | ___ O _ | At a greater speed | ___ A _ |
| 9. Gladden           | ___ A _ | Upper crust        | ___ I _ |
| 10. Building block   | ___ C _ | Invigorating       | ___ S _ |

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## Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

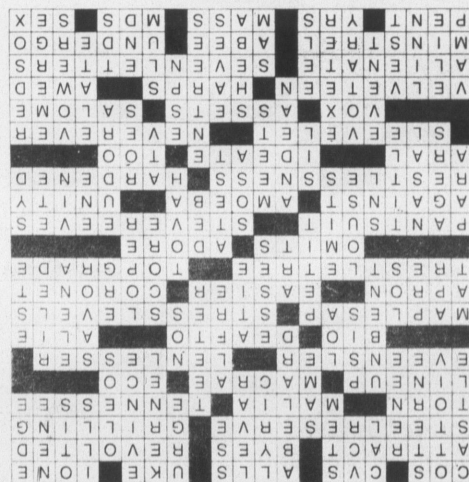
**DIFFICULTY THIS WEEK: ♦♦**

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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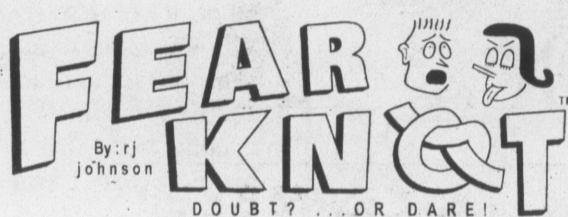
## Super Crossword

Answers



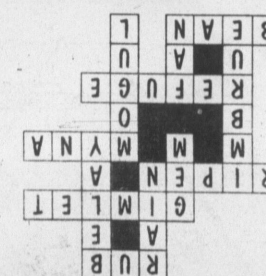
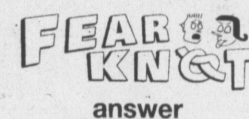
## Even Exchange answers

- |                   |                   |
|-------------------|-------------------|
| 1. Stock, Stork   | 6. Litter, Letter |
| 2. Babbie, Babbie | 7. Poise, Posses  |
| 3. Daisy, Daily   | 8. Foster, Faster |
| 4. Short, Shore   | 9. Elite, Elite   |
| 5. Career, Caren  | 10. Brick, Brisk  |



- MGE  
GURFEE  
YABLE  
ARNI  
TIGLEM  
ANF  
YAMN  
PRINE  
UBR  
REIBUM  
GLOUM  
NEBA

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



Weekly SUDOKU

Answer



A  
U  
G

6

2  
0  
2  
0

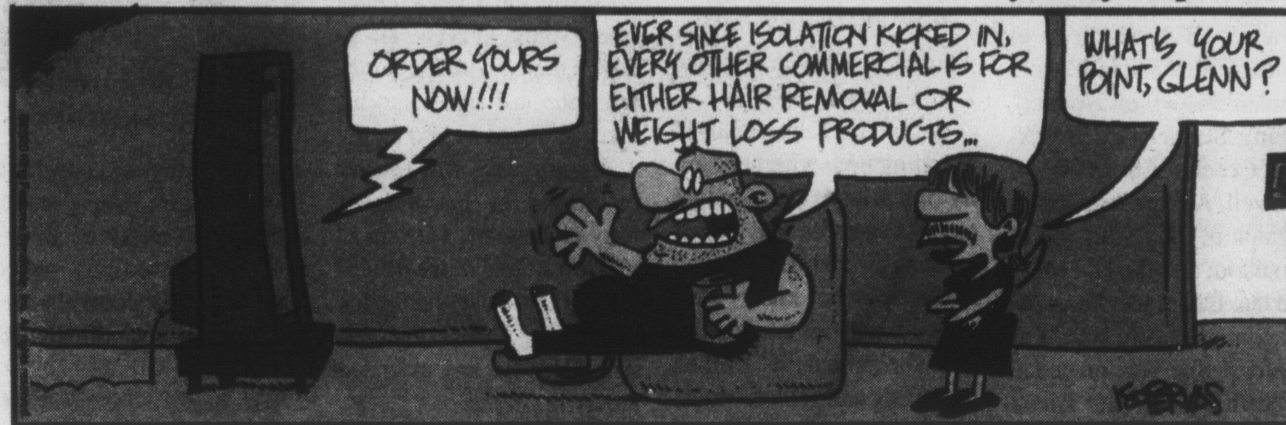


# Amber Waves



## Out on a Limb

by Gary Kopervas



## R.F.D.

by Mike Marland



It's for a couple who met at a

### SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Ahead  
ENBODY

Pang  
WETING

Tremor  
KASHE

Beast  
NIFED

TODAY'S WORD

## Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

5	1	4	3	3	2
4	3	1	5	4	4
3	4	5	4	1	6
2	6	1	1	1	5
4	1	6	4	2	3
1	5	2	6	4	4



## Loud, Stinky Dog Not What He Ordered

**DEAR PAW'S CORNER:** Help! I'm in over my head. I wanted a dog just like a cute, white, fluffy one that I saw on YouTube, so I bought one online called a "Samoyed" and picked it up at the airport. "Mikey" is cute, white and fluffy, but he's also hyperactive and loud! He barks all the time. He wants to run outside my apartment. He won't hold still for pictures. He chews everything, he smells terrible and he poops everywhere. I did not pay for this! How can I get my money back? -- Bilked in Buffalo

**DEAR BILKED:** You didn't get cheated; you got a dog. That's exactly how dogs behave! They are energetic, communicative, living beings. They love to chew things. Their breath smells kind of funny, and

their fur can smell funky after a run outside. They need exercise, training, food and love. Samoyeds like Mikey are especially energetic, because they were originally bred for hunting and as guard dogs. You'll need to keep him on a leash outside, because he will chase smaller mammals, especially cats and rabbits. He'll get bigger, too; Samoyeds are medium-large to large dogs. Don't try to return Mikey or get your money back (if that's even possible since you bought him online). The trauma you'll cause him may be unrecoverable. Instead, if you have friends with well-behaved dogs, talk to them and get advice. Pick up a book on caring for Samoyeds. And schedule some sessions with a dog trainer. You chose Mikey to be your family member. He depends on you. He'll do his best to make you happy, but you need to care for him and show him how to be a good dog.

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## TOP TEN VIDEO, DVD for release week of August 3, 2020

- Top 10 Video On Demand**
1. Trolls World Tour (PG) animated
  2. The Outpost (R) Caleb Landry Jones
  3. Force of Nature (R) Emile Hirsch
  4. Relic (R) Emily Mortimer
  5. Bad Boys for Life (R) Will Smith
  6. The Invisible Man (R) Elisabeth Moss
  7. Money Plane (NR) Adam Copeland
  8. Sonic the Hedgehog (PG) James Marsden
  9. Archive (NR) Theo James
  10. Jumanji: The Next Level (PG-13) Dwayne Johnson

## Top 10 DVD, Blu-ray Sales

1. Trolls World Tour (PG) Universal/DreamWorks
2. Sonic the Hedgehog (PG) Paramount
3. The Mule (R) Warner Bros.
4. Top Gun (PG) Paramount
5. Jaws (PG) Universal
6. Trolls 2-Movie Collection (PG) Universal/DreamWorks
7. Jurassic World (PG-13) Universal
8. Onward (PG) Disney
9. Ride Along 2-Movie Collection (PG-13) Universal
10. The Secret Life of Pets (PG) Universal

Sources: comScore/Media Play News

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## Hitori answer

4	6	2	5	1	5
2	6	9	4	1	6
3	4	2	3	1	1
5	4	1	6	3	4
4	4	1	5	4	4
2	3	4	3	1	4

SCRAMBLERS

1. Beyond 2. Twinge; 3. Shake; 4. Friend

Today's Word

WENDY'S



## OBITUARIES

## Nancy F. Chamberlin

Nancy F. (Keelon) Chamberlin of Quincy died suddenly in a car accident on July 19 returning from her summer cottage in North Truro, with her daughter, after celebrating her 88th birthday a few days early.

Born in Quincy, she was the daughter of the late Charles J. and Irene P. (Lydon) Keelon. She was the beloved wife of the late Warren F. Chamberlin, and the devoted mother of Craig M. Chamberlin and his husband Scott Simpson of Tampa, FL, Paula M. Chamberlin of Charlestown, Paul M. Chamberlin and his wife Dana of Ft. Walton Beach, FL, and the late Brian L. Chamberlin. She was the sister of James Keelon of Braintree, the late Charles Keelon, many nieces and nephews, and countless friends in Quincy and Truro.

Mrs. Chamberlin was a graduate of the class of 1950 at Quincy High School, was voted most versatile girl and head cheerleader of her senior class. She was active with the class reunion committees for over 60 years.

She attended secretarial school after graduation and went to work at Boston Gear Works where she met her husband Warren. They raised their four children in Quincy, and when summer came, she piled the kids in her station wagon and took them to their cottage in North Truro where she was joined by her husband on the weekends and during his vacation. Mrs. Chamberlin loved spending days at the beaches in Truro with her children and their neighbors and friends.

After several years, she had an opportunity to work at the Truro Chamber of Commerce, where she spent



NANCY F. CHAMBERLIN

the next 35 summers assisting visitors with restaurant, motel, beach and local activities available in Truro and on the lower Cape; she affectionately became known as the 'Lady of the Booth' to her good friends. She loved this job and looked forward to returning to the Cape each summer.

Mrs. Chamberlin was a force of nature and loved by all that met her; her children always said they lucked out in the 'Mom department'. During 1992-1994, she took care of her son Brian at home with her daughter Paula, before he passed away from AIDS.

Seventy years ago, a quote in her yearbook next to her class picture stated, 'Life is a jest; and all things show it.' She was the life of a party, and raised her children to find joy in everything they did. 'I just want you to be happy'; that was her mantra.

Godspeed Mom.

Visiting hours were held July 31 in Keohane Funeral Home, 785 Hancock St., Quincy.

Due to the current environment, we will celebrate Nancy's life during the summer of 2021, along with interment at the Old North Cemetery in Truro.

Memorial donations may be made to the Truro Chamber of Commerce, PO Box 26, North Truro, MA 02652.

## Deborah M. McKay, 64

Deborah M. McKay, 64, of Braintree, a beloved long-time patient access coordinator at Quincy Medical Center, died unexpectedly July 28.

She was the devoted wife of 42 years to John E. McKay. Loving mother of Lisa M. McKay and her spouse Jeanette R. Garcia of Swansea. Beloved sister of Linda A. Barraza of Milton, Doreen Fisher of Norwell, Jimmy Sturgeon of Brockton, Cecelia Abruzzese of Norwell, Andrea Johnson of Plympton, Clay Sturgeon of Brockton, and the late Mark and late Lawrence Sturgeon. Grandmother of six "Fur Babies." She was preceded in death by her dear friend Diane McPherson, and is also survived by many friends, extended family and colleagues at Quincy Medical Center and Carney Hospital.

A daughter of the late Clarence and Cecelia (Remondi) Sturgeon, she grew up off of Adams Street in Dorchester and was a 1974 graduate of Dorchester High School. She and John were



DEBORAH M. MCKAY

married in 1978 and settled in Braintree in 1990.

Mrs. McKay enjoyed spending time with her family and friends and tending to the vegetable and flower gardens around her home.

Those who knew Mrs. McKay will remember her love for animals as well as her caring and selfless ways; she would always go out of her way to help others.

Services will be privately held.

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

Memorial donations may be made to the Yorkie's Inc. placement service at yorkiesinc.com.

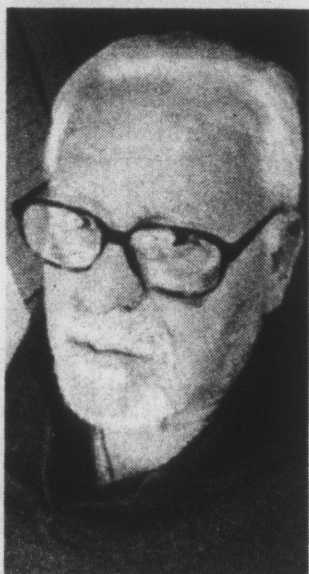
## Dr. Anthony Lemos, 89

Dr. Anthony "Tony or Lee" Lemos, 89, of Key West, FL, died July 24 at his home in Key West.

He was born on Aug. 31, 1930 at Arlington, MA, to the late Anthony and Wilhelmina Marshall Lemos.

Dr. Lemos served in the United States Army and eight years in the reserves. He played in the military band. He was a professor of physics at Adelphi University at Garden City, NY. He also was a licensed boat captain.

Surviving is his wife Jonell W. Lemos of Key



DR. ANTHONY LEMOS

West, FL; daughters Leslie Lemos, Carol (Bob) Lemos; son Paul Lemos; step son Kenneth Hanson; granddaughter Bianca Lemos.

A celebration of life service will be held at a later date.

A special thank you to his caretakers Julia, Atach, Nicky, Sarka, and Robin, Egles, and Heather of Compassionate Care Hospice.

Funeral arrangements were made by the Dean-Lopez Funeral Home of Key West, FL.

## Athanasios 'Sam' Kotoulas, 77

Athanasios "Sam" Kotoulas, age 77, of Weymouth, died July 24. He was surrounded by the love and comfort of his family as he made his peaceful journey to the gates of heaven after a long battle against cancer.

Mr. Kotoulas was born on June 30, 1943. He immigrated to the United States from Volos, Greece. He is now reunited with his brothers, John and Billy, and his parents, Theodore and Fani.

His presence will forever be missed by his wife of forty-eight years, Patricia L. (Carini) Kotoulas; his daughters, Kristina and Nicole; his son-in-law, Peter; and his sister, Herikia, and extended family in Greece.

His most precious gifts were his three grandchildren: Kayla, Samantha and Emma. Papou showed his granddaughters how important love and family is. The greeting of hello (Yello) will never be the same.

Mr. Kotoulas worked very hard to establish his life here in the United States. He was well-known for his many restaurants. He touched the lives of so many. Those who had the privilege to share a



ATHANASIOS KOTOULAS

moment with him know that he would give you a smile and the shirt off his back.

Sam showed us what hard work and perseverance can bring to your life and to many others.

We thank those involved for their love and support during this difficult time.

In light of current events, funeral services were private.

Memorial donations may be made to the Dana-Farber Cancer Institute, P.O. Box 849168, Boston, MA 02284-9168 or by visiting dana-farber.org.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy.

## Robert E. Marshall, 90

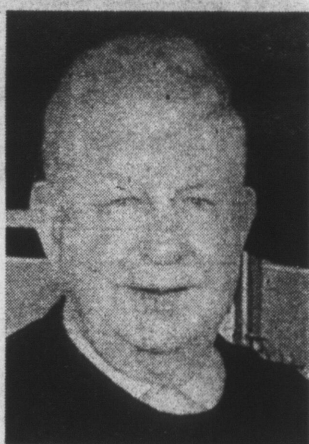
Robert E. Marshall, age 90, of Quincy, died peacefully, July 27.

He was born in South Berwick, Maine, to the late Byron and Irene (Young) Marshall. Raised and educated in South Berwick, Mr. Marshall was a graduate of Berwick Academy, Class of 1948. He received his Bachelor's degree in fine arts from Wheaton College in Illinois. He lived in Quincy for over sixty years.

Mr. Marshall was employed as an insurance adjuster for Amica Insurance for forty years. He had been retired for many years.

He was a lifelong active member of the Fort Square Presbyterian Church in Quincy, serving in various capacities and committees.

Beloved husband for sixty-two years of the late Lois M. (Harding) Marshall, who died August 12, 2019. Devoted father of Robert B. Marshall and his wife Susan of Foxboro, Colleen A. Marshall of Quincy, Jon A. Mar-



ROBERT E. MARSHALL

shall and his wife Kristi of Denmark, Maine, and Bruce D. Marshall and his wife Amy of Bridgewater.

Loving grandfather of Andrea Marshall and her fiancé Kevin Shunney, Bethlehem, David, Grace, Christiana, Wesley, and Jonathan Marshall. Loving great-grandfather of Quinn. Dear brother of Louise Todd, Phyllis Marshall, Norm Marshall all of Maine and the late Byron Marshall, Jr. He is also survived by many nieces and nephews.

In light of current events, funeral services were private.

Interment took place at Pine Hill Cemetery, Quincy.

Memorial donations may be made to Fort Square Presbyterian Church, 16 Pleasant St., Quincy, MA 02169.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy.



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2020



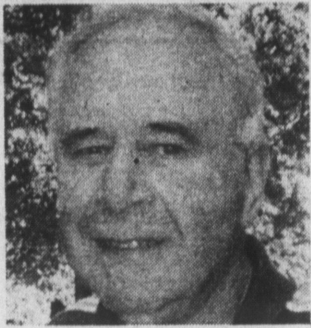
## James Morris, 87

James Morris, of Milton, formerly of Quincy, died peacefully July 29 the Lahey Hospital and Medical Center in Burlington. He was 87.

Born in Brideswell, Co. Roscommon, Ireland, on April 24, 1933, he was the son of the late Edward and Elizabeth (Gurry) Morris and attended local schools. Mr. Morris was raised in Ireland and immigrated to the United States in 1957.

James was a hardworking man and started working at the age of 13. He was given a job with the Electricity Service Board in Ireland and helped set up the power lines and poles throughout the area. It was a job that he could never have passed over and was proud to help bring electricity to his country. After immigrating to the United States, Mr. Morris started his own landscaping company, James Morris & Sons. He loved working outside. While landscaping on the side, he went to work for the Massachusetts Bay Transportation Authority. He was a foreman and managed the staff that cleaned and maintained the cars. James retired from the MBTA in 1998 at the age of 65, though he continued to work until he was 85. In his retirement, he continued landscaping while also taking care of his rental properties around the city.

In his spare time, Mr. Morris enjoyed watching the Boston Bruins and the Red Sox. He loved to listen to Irish music and on Saturday and Sun-



JAMES MORRIS

day mornings, he would listen to the Irish Hour on 950 AM. His favorite hobby of all was of course working outside and caring for his lawn.

Family was very important to Mr. Morris. He was passionate about caring and providing for his children and grandchildren. When he was younger, he and his group of buddies liked to get together and visit at Darcy's Pub in Quincy and the McKeon Post in Dorchester. As he and his buddies aged, they changed their weekly meeting spot to Dunkin' Donuts in the center of town.

Mr. Morris was a strong person with a great sense of humor. He was dedicated, selfless, caring and a straight shooter. His life lessons and example are part of his legacy that continues through his children and grandchildren. He will be missed by all the lives he touched.

He was the beloved husband of the late Bridget V. (Comer) Morris, who died in 2016. The two married in 1961 and James was dedicated to her until the day Bridget went home to the Lord. The

two shared 55 years of loving marriage. He was the devoted father of James E. Morris and his wife Kathy of Braintree, Michael C. Morris and his wife Katie Jo of Norwell, Kevin P. Morris and his wife Meredith of Quincy, Mary Frances Morris and her partner Wes Crowley of Milton and Christine B. Morris and her partner Michael Chandler of Milton.

He was the loving grandfather of Kaitlyn A. Morris of Braintree, Michaela M. Morris of Hanson, Michael C. Morris, Jr. and McKenna M. Morris, both of Norwell. He was the dear brother of Ronan Morris and his wife Mary of Weymouth and the dear brother-in-law of Kieran Comer and his wife Mary Ellen of Milton. Mr. Morris was preceded in death by his siblings: Michael, Kathleen and Eamon Morris. He is also survived by many loving nieces, nephews, extended family members and friends.

Visiting hours were held Sunday in Keohane Funeral Home, 785 Hancock St., Quincy.

A private Mass of Christian Burial will be celebrated in St. Mary's Church, Quincy, followed by private interment in St. Mary's Cemetery, Quincy.

Memorial donations may be made to the Resident's Fund at Hancock Park Rehabilitation & Nursing Center, 164 Parkway, Quincy, MA 02169.

## Ruth A. Knowles, 92

Ruth A. (Parsons) Knowles, age 92, a longtime resident of Quincy, died peacefully July 27 at the Dr. Ruth McLain Hospice Home in Braintree.

Born in Quincy, to the late Theodore N. and Alma (Landry) Parsons, she was raised there and was a graduate of Quincy High School, Class of 1946. She remained involved with her high school reunion committee, eventually becoming the chairperson until 2010. She loved to design invitations with cute poems and jingles. Mrs. Knowles was proud of her city and lived in Quincy until 2017. She was also a summer resident of Wareham for many years.

Mrs. Knowles was a longtime active member of the Quincy Point Congregational Church and enjoyed gardening, music, playing the piano and organ, knitting and crocheting. She had a talent for sewing beautiful clothing.

Before her marriage in 1949, she worked as a model for Kay Jewelers in Quincy Center. In 1968, she served as a volunteer at 1000 Southern Artery Senior Citizen Housing Center in Quincy Point, where in 1970 she became administrative assistant to the executive director. In 1980,



RUTH A. KNOWLES

Mrs. Knowles was named assistant treasurer, a role in which she continued until her retirement in 1996. She enjoyed her twenty-eight years there, was well-loved, and cultivated many friendships. She especially enjoyed and looked forward to Monday night bingo where she and her late husband, Bill, facilitated the games for many years.

Most of all, Mrs. Knowles was devoted to her family, actively supporting their many activities and accomplishments.

Beloved wife of the late William A. Knowles, Lieutenant, Quincy Police Department, Retired. Devoted mother of Donald R. Knowles and his wife Sharon of Tiltonboro, N.H., and Janet R.

Knowles of Rockland.

Loving grandmother of Jennifer A. Ivil and her husband Matthew of Hingham, Hayley E. Knowles of Dorchester, Jamie K. Ramondi and her husband Daniel of Stoughton, and Sarah M. Hughes and her husband Andrew of Brooklyn Heights, NY.

Cherished great-grandmother of Emily and Greg Porter, Abigail, Ella, and Olivia Ivil, all of Hingham, Daniel and Gianna Ramondi of Stoughton, and Andrew James "AJ" Hughes of Brooklyn Heights, N.Y.

Dear sister-in-law of Stanley Knowles and Catherine Curtin, both of Quincy. She is also survived by many nieces and nephews. She was predeceased by her siblings, Norma Peterson and Donald Parsons.

At the request of the family, funeral services are private. Interment will take place at Blue Hill Cemetery, Braintree.

Memorial donations may be made to Old Colony Hospice, 321 Manley Street, West Bridgewater, MA 02379 or by visiting oldcolonyhospice.org.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

## Dorothy A. McTiernan, 76

Graveside services for Dorothy A. (Erskine) McTiernan, age 76, a lifelong resident of Quincy, were held Monday in Mount Wollaston Cemetery, Quincy.

Mrs. McTiernan died peacefully July 31 in the comfort of her home, surrounded by her loving family.

Born in Quincy, to the late Alfred E. and Helen J. (Davidson) Erskine, she was raised in both Plymouth and Quincy. She was a graduate of Quincy College and worked up until retirement as a manager for Boston Financial Data Services.

Mrs. McTiernan was a longtime active member of the Union Congregational Church of Wollaston and her faith in Jesus and her love for others was very evident if you met her. She enjoyed traveling, especially to visit her daughter's family in Texas, and trips to the casino. Mrs. McTiernan loved experiencing new things and meeting new people.

She gifted everyone she met with something, whether it was money, food, her



DOROTHY A. MCTIERNAN

humor, wit, great conversation or just a smile. Mrs. McTiernan was quick with a comeback and was known by family and friends as "the prankster!" She was also known to be called the "Queen of the Silver Dollar" because that was her song and she sang it at family gatherings and events and would come out with her boa and sass. She was just the life of the party, and we're sure she still is!

Mrs. McTiernan was devoted to her family and friends, actively supporting their many activities and accomplishments.

Beloved wife for forty years of the late John

R. "Spanky" McTiernan, Quincy Police Dept. Devoted mother of Doreen A. Vasseur and her husband John of Copperas Cove, TX, Cindi Lee McTiernan and her husband Gordon of Marshfield.

Loving grandmother of Erin M. Johnson and her husband Chad, Courtney L. Scadden and her husband Matthew, John N. McTiernan, Matthew O. McTiernan, and Daniel A. McTiernan. Cherished great-grandmother of Nolan, Teagan, Colbie, and Hayden.

Dear sister of Helen Jane Lutes of Quincy, Richard Erskine of Florida, and Alfred Erskine of Whitman. She is also survived by many nieces, nephews, and in-laws.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Memorial donations may be made to the American Cancer Society, 3 Speen St., Suite 250, Framingham, MA 01701.

## Josephine M. Tinney, 92

A funeral Mass for Josephine M. (McDermott) Tinney, age 92, a lifelong resident of Quincy, will be celebrated Thursday at 10 a.m. in St. John the Baptist Church, Quincy.

Mrs. Tinney died peacefully Aug. 1 in the comfort of her home, surrounded by her loving family.

She was born in Quincy, to the late Christopher J. and Josephine M. (Macalini) McDermott. She was raised and educated in Quincy.

Mrs. Tinney was employed as a traffic supervisor for the city of Quincy for twenty-three years. She was a member of the Emblem Club of the Quincy Lodge of Elks for many years.

She loved to travel, Ireland being her favorite place to visit. Mrs. Tinney also loved visiting her niece, Jane Hilton and her husband Frank, in Butner, N.C. Sunday afternoons were spent at the former Beachcomber in Quincy, dancing to Irish music with her friends and family. Mrs. Tinney also



JOSEPHINE M. TINNEY

loved a good apple martini. Most of all, she was devoted to her family and was a good friend to many.

Beloved wife of the late J. Joseph Tinney. Devoted mother of Joseph Tinney and his partner Ann of Walpole, Patricia Tinney of Braintree, Daniel Tinney, Edward Tinney and his wife Andrea, JoAnn Tinney, all of Quincy, and the late M. Eileen Tinney. Loving grandmother of Yasmina Maria Tinney, William Joseph Tinney, Cristina Tinney, Aimee Tinney, and John Joseph Tinney. Cherished great-grandmother of Jack Richardson.

One of seven siblings, she was the dear sister of Anne Griffin of Mashpee, and was predeceased by Mary Boyd, Dorothea Basney, Christopher McDermott, James McDermott, and Kathryn Hager. She is survived by many nieces and nephews. Special friend of Kay Calabro.

Mrs. Tinney is also survived by her Italian girls, Marylou, Gail, and Linda; her Irish sons, Tommy Byrne and Denis O'Gorman; her Irish girls, Teresa Gilmore of Galway, Ireland and Ann Grealy of Quincy.

Visiting hours were 4 to 6 p.m. Wednesday in the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Interment at Mount Wollaston Cemetery.

Services are operating in accordance with current guidelines.

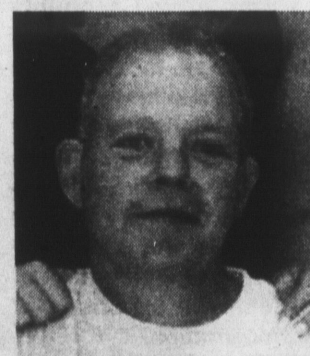
Memorial donations may be made to Operation Smile, 3641 Faculty Blvd., Virginia Beach, VA 23453.

## Joseph P. Burnes, 56

A funeral Mass for Joseph Paul "Joey" Burnes, 56, of Quincy, was celebrated Monday in St. John the Baptist Parish, Quincy.

Mr. Burnes died July 23.

Son of the late Richard "Bun" and Jean "Mutzy" Burnes of Quincy. He is survived by his two children Zachary and Nicolette Burnes of Braintree. Also survived by his siblings Ricky, Jeanmarie, Shawn, Michael Burnes, and many aunts, uncles, cousins, neph-



JOSEPH P. BURNES

ews, and a niece.

For all who knew Mr.

Burnes, he will be deeply missed.

Funeral arrangements were made by Boston Cremation, 116 Franklin St., Quincy.

More  
Obituaries  
online at  
www.  
TheQuincySun.  
com



# OBITUARIES

## Lois B. Doherty, 75

Lois Brooks (Murphy) Doherty, age 75, died suddenly July 31 at South Shore

Hospital. She was born in Boston, a daughter of the late Kenneth and Hedvig (Newman) Murphy of Quincy and Mar-

tha's Vineyard. She attended North Quincy High School and graduated with honors from both Quincy Junior College and Northeastern

University. Mrs. Doherty worked in the technical publications field until the birth of her children, when she became a stay-at-home mom.

Her most recent job was at Rockland High School where she assisted in running the school library. She was a former volunteer in Rockland schools and the town library. She had also been a member of the Rockland Country Garden Club and the Book Club.

Mrs. Doherty was an active communicant of Holy Family Church where she was a Eucharistic minister and a member of Outreach, bringing communion to the homebound and to residents of nursing homes. She found great pleasure in her family, her flower gardens, reading, bird watching, movies and plays, and going out to lunch with her friends.

She leaves her devoted husband William J., her son Edward and his wife Misty of Portsmouth, NH, her son William of Medford and his partner Megan, her sister Priscilla (Pam) Peterson of Greenland, NH, her brother Frank Murphy and his wife Carol of Santa Fe, NM, one grandson Robert and two step-grandchildren Christopher and Daisy. Predeceased by sister Judith A. DeFilippo and her husband Gerald of Hingham and brother-in-law Robert Peterson of Greenland, NH. She is also survived by many cousins,



LOIS B. DOHERTY

nieces, and nephews.

Mrs. Doherty was a very loving person and was a great friend to all.

Visiting hours are 4 to 7 p.m. Thursday in Sullivan Funeral Home, Rockland.

Due to COVID-19 and social distancing, the funeral Mass will be celebrated privately at Holy Family Church, Rockland, Friday at 9 a.m.

The family invites all who wish to the graveside service at Holy Family Cemetery, Rockland, at approximately 10 a.m. Friday.

Memorial donations may be made to the Rockland Memorial Library, 20 Belmont St., Rockland MA 02370, or to the Last Resort Cat Shelter, 1126 Broadway, Hanover, MA 02339.

## Lois J. Ward

A graveside funeral service for Lois J. (Murray) Ward of Shallotte, NC, formerly of Quincy, was held July 31 in Washington Street Cemetery, Norwell.

Mrs. Ward died July 21.

She was an accomplished and caring woman. She graduated from Bridgewater State College Cum Laude, first for her Associates in 1954, and then for her Bachelor's of Science in 1978. She later earned the title of CPA.

Mrs. Ward used her knowledge and kind nature to help those around her. She was an advocate and voice for disabled people. She belonged to several deaf community support groups, in both Massachusetts and North Carolina. Mrs. Ward worked tirelessly with the Brunswick County EMS service to improve policies to better protect the disabled people in her community. She was also an animal lover and a member of the MSPCA. This love was shared with her many cats, especially Finney.

She was an avid reader, leading to her joining multiple library associations.



LOIS J. WARD

Mrs. Ward loved talking walks by the beach and grabbing dinner with her beloved friends. There was a special place in her heart for days spent with her grandchildren.

Cherished mother to Lisa Campbell of Marshfield and Lawrence Ward and his wife Amy of WA. Sister to William Murray and Kay of Norwell and George Murray and Patricia of Norwell. Grandmother to Jeffrey, Elisa and Marissa. Aunt to Bobby, Steven, James and his wife Linda, and the late Michael. Predeceased by her loving parents, William and Josephine Murray.

Funeral arrangements were made by McDonald Keohane Funeral Home, East Weymouth.

### LEGAL NOTICE

**CITATION ON PETITION FOR FORMAL ADJUDICATION**  
Docket No. NO20P1659EA  
Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Norfolk Probate and Family Court  
35 Shawmut Road  
Canton, MA 02021  
(781) 830-1200

**Estate of:**

Josephine A. Silcott

**Also known as:**

Josephine Johanna Silcott

**Date of Death:**

August 1, 2019

To all interested persons:

A Petition for Formal Adjudication of Will with Appointment of Personal Representative has been filed by Brenda Milewski of Puyallup, WA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Duane G. Sullivan, Esq. of Quincy, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

### IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 08/26/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

**UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)**

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

**WITNESS, Hon. Patricia Gorman, First Justice of this Court.**

Date: July 23, 2020

PATRICK W. McDERMOTT  
Register of Probate

8/6/20

### LEGAL NOTICE

**CITATION ON PETITION FOR FORMAL ADJUDICATION**  
Docket No. NO20P1660EA  
Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Norfolk Probate and Family Court  
35 Shawmut Road  
Canton, MA 02021  
(781) 830-1200

**Estate of:**

Michael Edward Daferno

**Date of Death:**

April 12, 2020

To all interested persons:

A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by Tina Marie Daferno of Randolph, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Tina Marie Daferno of Randolph, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

### IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 08/26/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

**UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)**

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

**WITNESS, Hon. Patricia Gorman, First Justice of this Court.**

Date: July 23, 2020

PATRICK W. McDERMOTT  
Register of Probate

8/6/20

### LEGAL NOTICE

**CITATION ON PETITION FOR FORMAL ADJUDICATION**  
Docket No. NO20P1664EA  
Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Norfolk Probate and Family Court  
35 Shawmut Road  
Canton, MA 02021  
(781) 830-1200

**Estate of:**

Jonathan P. DeGruchy

**Date of Death:**

April 29, 2020

To all interested persons:

A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by Christina M. Lavery of Spencer, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Christina M. Lavery of Spencer, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

### IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 09/02/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

**UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)**

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

**WITNESS, Hon. Patricia Gorman, First Justice of this Court.**

Date: July 26, 2020

PATRICK W. McDERMOTT  
Register of Probate

8/6/20

### LEGAL NOTICE

**CITATION ON PETITION FOR FORMAL ADJUDICATION**  
Docket No. NO20P1640EA  
Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Norfolk Probate and Family Court  
35 Shawmut Road  
Canton, MA 02021  
(781) 830-1200

**Estate of:**

Donald Francis Edwards

**Date of Death:**

April 13, 2020

To all interested persons:

A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by Karen White of North Easton, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Karen White of North Easton, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

### IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 09/02/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

**UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)**

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

**WITNESS, Hon. Patricia Gorman, First Justice of this Court.**

Date: July 27, 2020

PATRICK W. McDERMOTT  
Register of Probate

8/6/20

More obituaries & news  
online at  
[www.TheQuincySun.com](http://www.TheQuincySun.com)

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# Baker: No Cut In State Local Aid This Fiscal Year

By SCOTT JACKSON

Massachusetts lawmakers continue to grapple with the economic fallout of the coronavirus pandemic but will maintain local aid to cities and towns in the current fiscal year and even plan to increase funding for schools.

The legislature has yet to approve a budget for fiscal year 2021, which began July 1, relying instead short-term budgets to keep the state open in the interim. Despite the uncertainty, Gov. Charlie Baker on July 31 said he and legislative leaders have agreed not to cut local aid in the current fiscal year.

"Obviously, we're working to fully understand the impact of COVID-19 and how it will affect the commonwealth's own fiscal situation. That has caused delay with respect to the release of a final and full fiscal 2021 budget, however,

we do know that cities and towns rely on the state's budget so they can have clarity with respect to state aid to schools and other general government services," the governor said.

"For fiscal 2021, our

administration and the legislature are committed to providing cities and towns no less than the fiscal year 2020 funding for unrestricted general government aid and school aid funding."

In addition, Baker said

he and legislative leaders have agreed to provide an additional \$107 million in Chapter 70 money, which is used for education, to municipalities.

"This agreement, in ad-

dition to the federal aid dollars distributed to all cities and towns, adds up to well over \$1 billion in new funds to ensure schools can fund the changes that they need to make to teach kids this

fall," Baker said

The extra \$1 billion local communities will receive, Baker added, will more than fully fund the Student Opportunity Act that lawmakers approved in January.

## NOTICES OF PUBLIC HEARING

Case ZBA 20-37

### NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, August 25, 2020 @ 5:30 P.M. to consider the application of **MICHAEL MONAHAN** for a **VARIANCE** to demolish the existing structure and construct a 3-unit townhouse style residential building in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) on the premises numbered **30 TOWN HILL STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board Appeals

Time: Aug. 25, 2020 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/97503391822?pwd=czRUT2ZpcFdhZ09>

Meeting ID: 975 0339 1822

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

US Meeting ID: 975 0339 1822

Passcode: 074202

Find your local number: <https://zoom.us/j/97503391822?pwd=czRUT2ZpcFdhZ09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

8/6/20, 8/13/20

## NOTICES OF PUBLIC HEARING

Case ZBA 20-40

### NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, August 25, 2020 @ 5:30 P.M. to consider the application of **PATNAS INC.** for a **SPECIAL PERMIT/FLOOD PLAIN & VARIANCES** to demolish the existing structure and construct a new 30-unit, 5-story residential building with garage parking on the first two levels in violation of Title 17 as amended Chapter 4.0 (dimensional requirements), Chapter 8.0 (special permit flood plain) and Chapter 3.1 (use regulations, use variance) on the premises numbered **73 LIBERTY STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board Appeals

Time: Aug. 25, 2020 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

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Meeting ID: 975 0339 1822

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

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Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

8/6/20, 8/13/20

## PUBLIC NOTICE

### Public Notice of Small Cell Facility Petitions

Pursuant to Section 13.12.110(c)(10) of the City of Quincy Municipal Ordinance, the following is a public notice that **Cellco Partnership d/b/a Verizon Wireless** has filed with the Director of Inspectional Services Petitions for Permit to install Small Cell Facilities on the following utility poles:

- Utility Pole #3 located adjacent to 100 N. Bayfield Road
- Utility Pole #12/12 located adjacent to 242 Billings Street
- Utility Pole #83-1 located adjacent to 500 Adams Street
- Utility Pole #117 located adjacent to 888 E Squantum Street
- Utility Pole #Unmarked located adjacent to 6 Bicknell Street.

Copies of the Petitions noticed above are available for review at the Inspectional Services Department, 55 Sea Street, Quincy, Massachusetts 02169. Staff from the Department may be reached at (617) 376-1450.

8/6/20

## LEGAL NOTICE

### CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF GUARDIAN FOR INCAPACITATED PERSON PURSUANT TO

G.L. c. 190B, §5-304  
Docket No. NO20P1670GD

Commonwealth of

Massachusetts

The Trial Court

Probate and

Family Court

Norfolk Probate

and Family Court

35 Shawmut Road

Canton, MA 02021

In the matter of:

**Louis Rivera**

Of: **Randolph, MA**

RESPONDENT

Alleged Incapacitated

Person

To the named Respondent and all other interested persons, a petition has been filed by Clara I. Rivera of Quincy, MA in the above captioned matter alleging that **Louis Rivera** is in need of a Guardian and requesting that Clara I. Rivera of Quincy, MA (or some other suitable person) be appointed as Guardian to serve **Without Surety** on the bond.

The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain a request for certain specific authority.

**You have the right to object to this proceeding.** If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of **09/02/2020**. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

### IMPORTANT NOTICE

**The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.**

**WITNESS, Hon. Patricia Gorman, First Justice of this Court.**

Date: July 28, 2020

**PATRICK W. McDERMOTT**  
Register of Probate

8/6/20

## LEGAL NOTICE

### ALL POLICE ORDERED OR ACCIDENT TOWS

(Sale of Motor Vehicle under G.L. c.255, Section 39A)

Notice is hereby given by: Schlager Auto Body, 299 Centre St., Quincy, MA

pursuant to the provisions of G.L. c.255, Section 39A, that on August 15, 2020 at 9:00 A.M. at 299 Centre St., Quincy, MA Public Sale

the following Motor Vehicle will be sold to satisfy the garagekeeper's lien thereon for storage, towing charges, care and expenses of notices and sale of said vehicle.

Description of Vehicle: WBA385C55DF598288 BMW 2013 unknown Registration/State

Name and address of owner of vehicle: Matthew Lausche, 101 Falcon St., #2, Boston, MA 02128

By: James Schlager

This notice has been given under the provisions of G.L. c.255, Section 39A.

7/30/20, 8/6/20, 8/13/20

## NOTICES OF PUBLIC HEARING

Case ZBA 20-28

### NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, August 25, 2020 @ 5:30 P.M. to consider the application of **MINH VAN** for a **VARIANCE/FINDING** to construct a rear addition adding one new dwelling with 3-bedrooms in violation of Title 17 as amended Chapter 4.1.1 (dimensional requirements) and Chapter 3.4.3 (nonconforming structures) on the premises numbered **27 SUMNER STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board Appeals

Time: Aug. 25, 2020 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/97503391822?pwd=czRUT2ZpcFdhZ09>

Meeting ID: 975 0339 1822

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

US Meeting ID: 975 0339 1822

Passcode: 074202

Find your local number: <https://zoom.us/j/97503391822?pwd=czRUT2ZpcFdhZ09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

8/6/20, 8/13/20

## NOTICES OF PUBLIC HEARING

Case ZBA 20-36

### NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, August 25, 2020 @ 5:30 P.M. to consider the application of **R.L. ES-TATE DEVELOPMENT, LLC** for a **VARIANCE** to demolish the current building and construct a new, 7-unit residential building in violation of Title 17 as amended Chapter 5.1.4 (parking setbacks), Chapter 5.1.8 (parking requirements), Chapter 4.1.2(2) (notes to table, multi family), Chapter 5.1.11 (parking spaces) and Chapter 4.1.1 (table of dimensional requirements) on the premises numbered **6-8 OLD COLONY AVENUE, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board Appeals

Time: Aug. 25, 2020 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/97503391822?pwd=czRUT2ZpcFdhZ09>

Meeting ID: 975 0339 1822

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

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Find your local number: <https://zoom.us/j/97503391822?pwd=czRUT2ZpcFdhZ09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

8/6/20, 8/13/20



## RELIGION

### Bethany Church

Bethany Congregational Church, 18 Spear St., corner of Coddington Street, is conducting its regular Sunday service at 9:30 a.m. on Sunday mornings.

Rev. Patrick McCorkle will be preaching his sermon at Sunday's service on Aug. 9th. Music will be provided by Paul Frazer as soloist.

Masks and social distancing will be required. There will be no group hymn singing or coffee hour. Masks and sanitizer are available. Areas in use are cleaned after every service.

If you would prefer to stay at home, the on-line service will be streamed at 9:30 a.m., and is also available on YouTube. To get to the Church website, type in: [bethanycongregational.org](http://bethanycongregational.org) and scroll down to the very bottom to find the link to the most recent service.

This will give you not only the church service, but the bulletin and other in-

formation about what's going on at Bethany. Or, you can go directly to YouTube and type in Bethany Church Quincy, Massachusetts to find all of the services.

The ZOOM coffee hour will continue to take place at 10:30 a.m. on Sunday mornings.

If you would like to participate, contact the church office (617-479-7300) and let them know to put you on the list to receive meeting information.

### First Baptist Church

First Baptist Church of Wollaston, 81 Prospect Ave., Quincy, continues its online remote worship service Sunday.

Pastor David Choi will preach his sermon: "Like the Days of Noah" (Matthew: 24:36-41). Reader will be Lewann Mina.

The following is the church online dial-in/web meeting weekly schedule:

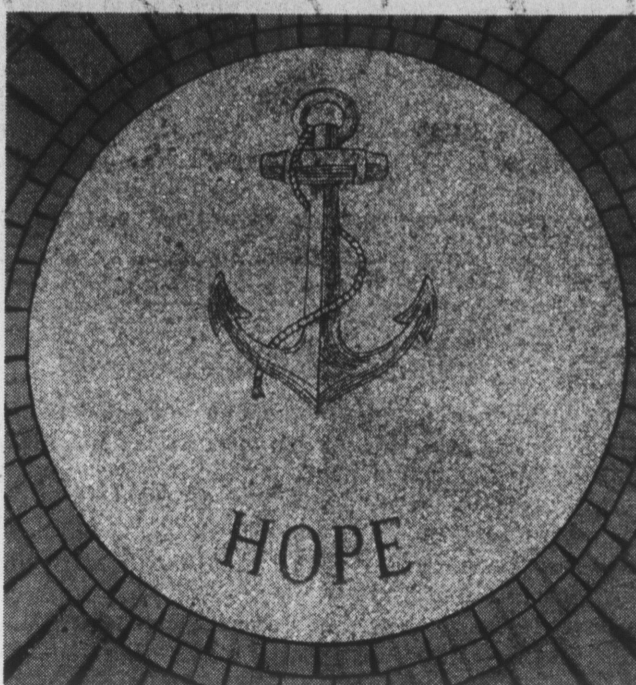
- Sunday 10:30 a.m. -

### Quincy Point Congregational Church Commemorative Bricks

Quincy Point Congregational Church announces the return of its popular commemorative brick fundraiser to celebrate the church's 180th year.

The Circle of Gratitude was originally created for QPCC's 175th Anniversary celebration and the Commemorative Brick Circle and surrounding gardens look more beautiful every year since. The proceeds benefit the "All Access" fund at the church to make the church building accessible to all.

The bricks are printed by A. Monti Granite and are



\$75 a piece. The bricks will be installed in the Circle of

Gratitude located on the Abbey Road side of the church.

Would you like to send a message to future generations of Quincy, commemorate and event or remember a loved one with a special everlasting gift? Stop by anytime and enjoy the messages centered around our anchor of "Hope" etched in granite and enjoy some time relaxing and contemplating on the "Faith, Love, and Blessing and Endures" inscribed granite benches.

Contact the church office @ 617-773-6424 to get a form or also see our monthly newsletters @ [www.quincy-pointcongregational.org](http://www.quincy-pointcongregational.org) for a printable version of the form.

### Beach Church Resumes Sunday

The popular Beach Church, a ministry of Christ Church Mobile Ministries, resumes Sunday, Aug. 9 on Wollaston Beach between the Squantum and Wollaston Yacht Clubs at 8 a.m.

Led by the Rev. Martha Swanson, Beach Church is for those who may want to start the day on beautiful Wollaston Beach with some time with God. Beach Church is especially timely

this year as many churches have still not opened and proper social distancing is especially easy on the beach.

Rev. Swanson lives in Wollaston and is a graduate of Andover Newton Theological School. Christ Church Mobile Ministries is part of Christ Evangelical Church and provides ministry to Nursing Homes and does field evangelism,

bringing the Gospel to those in need and unable to attend or are estranged from the Church.

Beach Church will run Sunday, Aug. 9 and will also be held on Aug. 16 and 23.

For more information, call the church at 781-599-3170, this is the phone number of First Church of Christ Lynn, who is providing technical assistance for these services.

## Much Ado About Doing 'Nothing'

By BARBARA GRACEFFA

How's business? Are you busy with clients?

This is a very common question among readers as well as from family members, friends, and neighbors.

I am open for business and staying busy. I have had a small handful of clients since March. A few have been willing to allow me into their homes - wearing masks and gloves and social distancing, of course, while another has passed me fabric and pillows out the front door so she could change up the look of her couch as a small, cheery remedy to her cabin fever. I just finished an art quilt for a client to hang in her large entry to adorn her dusty rose/rusty colored walls. The oversized floral motif in cranberry, yellow, off-white, and orange really brings the space to life. And I have had a few consults by phone too and one online meeting with a new homeowner walking me through her empty condo looking for ideas on furniture placement and window treatments.

When not busy with clients, I am quenching my thirst for lifelong learning by participating in free online webinars. I recently ventured onto Eventbrite and searched for interior decorating classes - something you all might want to try as a diversion - and found courses on lighting, custom kitchen appliances, organizing, decluttering, and feng shui. I've even participated

in some workshops coming out of England and Australia. (Just pay attention to differences in time zones when choosing classes.)

I'm finding inspiration, too, by watching a lot of on-demand decorating shows and endlessly looking at Pinterest for quilt ideas. With design ideas found on this online bulletin board, I'm working on a quilted wall hanging for the new condo owner, looking at rooms decorated with the bohemian style she wants, and suggesting online furniture purchases to achieve that look.

Finally, I'm reviewing the curriculum of some of my classes and developing new seminars, including one on creativity.

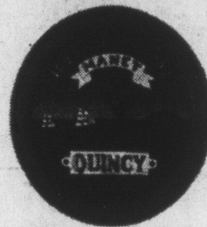
So, although I have more downtime when not spending it with clients, I am finding time to rejuvenate myself and my business. Thanks for asking!

Be well. Be creative.

Do you have a decorating problem needing a professional solution? Send your questions to Secretary of the Interior at [barbara@sec-interior.com](mailto:barbara@sec-interior.com).

Barbara Graceffa owns and operates Secretary of the Interior, an interior decorating company in Quincy, offering creative solutions at reasonable rates.

For more information on her services, view her portfolio, and read testimonials about her work, visit [www.sec-interior.com](http://www.sec-interior.com). Or you can reach her at 617-921-6033.



### Downtown Construction Activities

#### Proposed work activities for the week of August 2nd, 2020



- Dennis Ryan Parkway paving and markings have been completed. Sidewalks on either side of the roadway are now open. In the following week, the contractor will be installing new flag poles, street signs and street lights.
- Construction continues to the north and south foundation walls at the General's Bridge project. In addition, the contractor will continue new drainage work and backfilling operations within the bridge.
- Demolition of the buildings from the Payless Shoe Source store to the Noodle Design will continue this week. The contractor has set up a new traffic alignment in front of the buildings along Hancock St to create an area for a truck wash station. Temporary pavement markings have been installed redirecting traffic. The sidewalk in front of the buildings will be closed for the next few weeks. Sidewalk close signs have been posted redirecting pedestrians to the temporary crossings.
- The contractor will continue new sewer, water, and drainage improvements for the General McConville Way roadway project. The south area of the old Ross Lot and the section of Cliveden Ext roadway has been permanently closed. The old lot and roadway have temporary construction fencing around the perimeter. The traffic entering the area should travel down Ross Way and exit through Cliveden St. A turn around remains at the end of Ross Way adjacent to South Shore Health. In addition, the contractor will continue the soil abatement work at the north side of the site this week.

(The photo on the above left is a picture of the contractor installing a new dewatering well for the future soil abatement work. The photo on the above right is a picture of the contractor installing new drainage structure for the future General McConville roadway work.)

<https://www.quincyma.gov/mycity/> or follow @CityofQuincy on Twitter

Contact Patrick McCarthy for construction question's at: 781-264-4646 or email at: [pmccarthy@woodardcurran.com](mailto:pmccarthy@woodardcurran.com)

AUG

6

2020



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<p>"We are always on your side"</p> <p><b>Wasserman &amp; Rosenblatt Attorneys at Law</b></p> <p>28 Spear St., Quincy</p> <p>617-773-7221 8/6</p>	<p><b>GENERAL CONTRACTING</b></p> <ul style="list-style-type: none"> <li>• Carpentry • Roofing</li> <li>• Siding • Windows</li> <li>• Painting • Bathrooms</li> </ul> <p>Also, Handyman Jobs</p> <p>- Great References -</p> <p>Call</p> <p>617.980.6558 9/24</p>	<p><b>THOMAS C. SWEENEY</b></p> <p>Smaller Jobs a Specialty</p> <p>54 Years Experience</p> <p>Carpentry, Siding, Painting, Porches</p> <p>Vinyl/Windows, Doors</p> <p>Roofing, Decking, Steps</p> <p>License #1373 Free Estimates</p> <p>Reliable</p> <p>781-974-4434</p> <p>References TF</p>	<p><b>Save Gas &amp; Money, Shop Locally</b></p>	<p><b>HELP WANTED</b></p> <p><b>IT PROFESSIONALS</b></p> <p>***NETWORK ENGINEERS (11350) w/Mast deg in CSc, Info Technlgy, Netwrk Engg, or any Technlcal/IT rtd fld plus 3 yrs dmnstrtd exp in ntwrk/systems adminstrtn OR ntwrk migratn, suprt &amp; adminstrtn reqd of which minimum 1 yr exp using Cisco Unified Call Manager, &amp; ServiceNow reqd. ***DevOps ENGINEERS (11450) w/Mast deg in CSc, Info Technlgy, Engg or rtd flds w/minumum 3 mos dmnstrtd exp in DevOps or sftwr infrastrctr dvlpmnt using Ansible, Docker and Jenkins reqd. **All positns req Trvl &amp;/or reloc to unantcptd locs in US. Loc: Braintree, MA &amp; unantcptd locs in US. Apply: Attn: HR-JobCode, Dot-com Team, LLC, 325 Wood Road #103, Braintree, MA 02184. EOE 8/6</p>
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<p><b>REPORT POTHOLE</b></p> <p>Potholes are a year-round problem and should be reported to the Department of Public Works.</p> <p>617-376-1914</p>	<p><b>REPORT POTHOLE</b></p> <p>Potholes are a year-round problem and should be reported to the Department of Public Works.</p> <p>617-376-1914</p>	<p><b>THANK YOU</b></p> <p>ST. JUDE, BLESSED MOTHER, ST. ANTHONY, ST. JOSEPH, ST. PEREGRINE, ST. THERESA</p> <p>J.D. 8/27</p> <p>Nicole Jorgensen - Your dreams and hard work have resulted in playing professional basketball in Greece! We are all so proud of you!</p> <p>Love, The McKenna Families 8/6</p>	<p><b>Save Gas &amp; Money, Shop Locally</b></p>	<p><b>REPORT POTHOLE</b></p> <p>Potholes are a year-round problem and should be reported to the Department of Public Works.</p> <p>617-376-1914</p>

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# NQHS 'Yakoo' Mascot Makeover; Students To Determine Name

Cont'd From Page 16

Shaw said he did not know how long the transition to a new name would take.

The old Yakoo featured a caricature of Yacubian, who is of Armenian descent, in Native American attire, including a feathered head-dress, and carrying a hammer in one hand and an NQ flag in the other. The new logo keeps the caricature of Yacubian but now depicts him wearing a black tricorn hat and a black tunic with red facings. The logo displayed Monday at City Hall shows the new mascot with a scroll in one hand, but Yacubian said that would be changed to a bell inscribed with 1933, the year the school opened; the flag would stay in the other hand.

Koch, a 1981 North Quincy graduate, said the old Yakoo had been a source of pride for the school since its adoption in 1957, but he and Yacubian had been discussing changes to the mascot for the past several years, recognizing that

times have changed.

"Anyone who went through North always looked at that symbol as one of great pride representing a strong spirit, a strong work ethic, and one of excellence. I think over the years it has really been a symbol of pride for the school," Koch said.

"But, recognizing over time things change and there are opinions on things and how people can be offended, I think it was fair that...we had some chats going back a couple years at least about how we should proceed with Mr. Yakoo."

Yacubian, a longtime benefactor of the city's schools, said he was happy with the new iteration of the mascot.

"Yakoo is now 63 years old and in the 63 years has done nothing to shame North Quincy High School or anything to do with the city of Quincy. But, like everything, things change, and it is time to do something," said Yacubian, a 1958 North Quincy graduate who turns 80 on Aug. 17.



MAYOR THOMAS KOCH (left) and Dr. Allan Yacubian displayed a new version of North Quincy High's Yakoo mascot Monday at City Hall. The new look is meant to resemble a Revolutionary War soldier.

Quincy Sun Photos/Robert Bosworth

"We've come up with something that I think is going to be very, very good and I'm very happy that it's being done."

Yacubian said the original artist who drew Yakoo, Pete Frederiksen, first suggested changing the mascot's look six years ago, but Yacubian was worried about letting alumni down.

Shaw on Tuesday said he was happy that both Yacubian and Frederiksen were

involved in the process of creating the new image.

"I know Dr. Yacubian was part of the process and I think that was a good thing," said Shaw, a 1993 North graduate. "I think it is a good thing in terms of tying into the school's history as part of it."

Frederiksen had come up with other new iterations of the mascot in addition to the Revolutionary War soldier, Yacubian said. One iteration

portrayed the mascot as a pirate and another proposal was to dress the mascot as a firefighter.

Koch said the iteration unveiled Monday, "was the one everyone seemed to embrace."

There had been several attempts to change or replace Yakoo since the 1990s because of its use of Native American imagery. Competing petitions were launched on Change.org regarding North Quincy's mascot this

summer. The petition to replace Yakoo garnered more than 12,000 signatures as of Monday afternoon while more than 1,800 people had signed on to a petition to keep the mascot.

Koch on Monday said he had already reached out to Faries Gray, a leader of the Massachusetts Tribe, about the revised logo.

"He really loves the new mascot - the new Yakoo - so we're pleased about that," Koch said.

steaktips.com

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